

Тёджюн Мияги

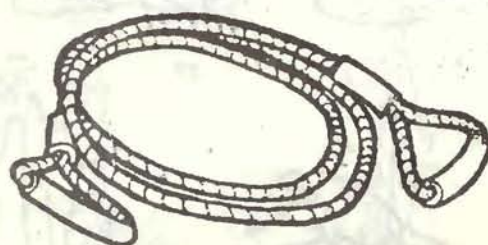
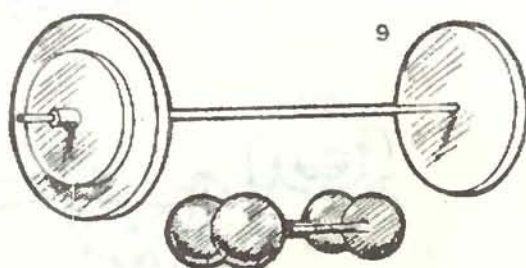
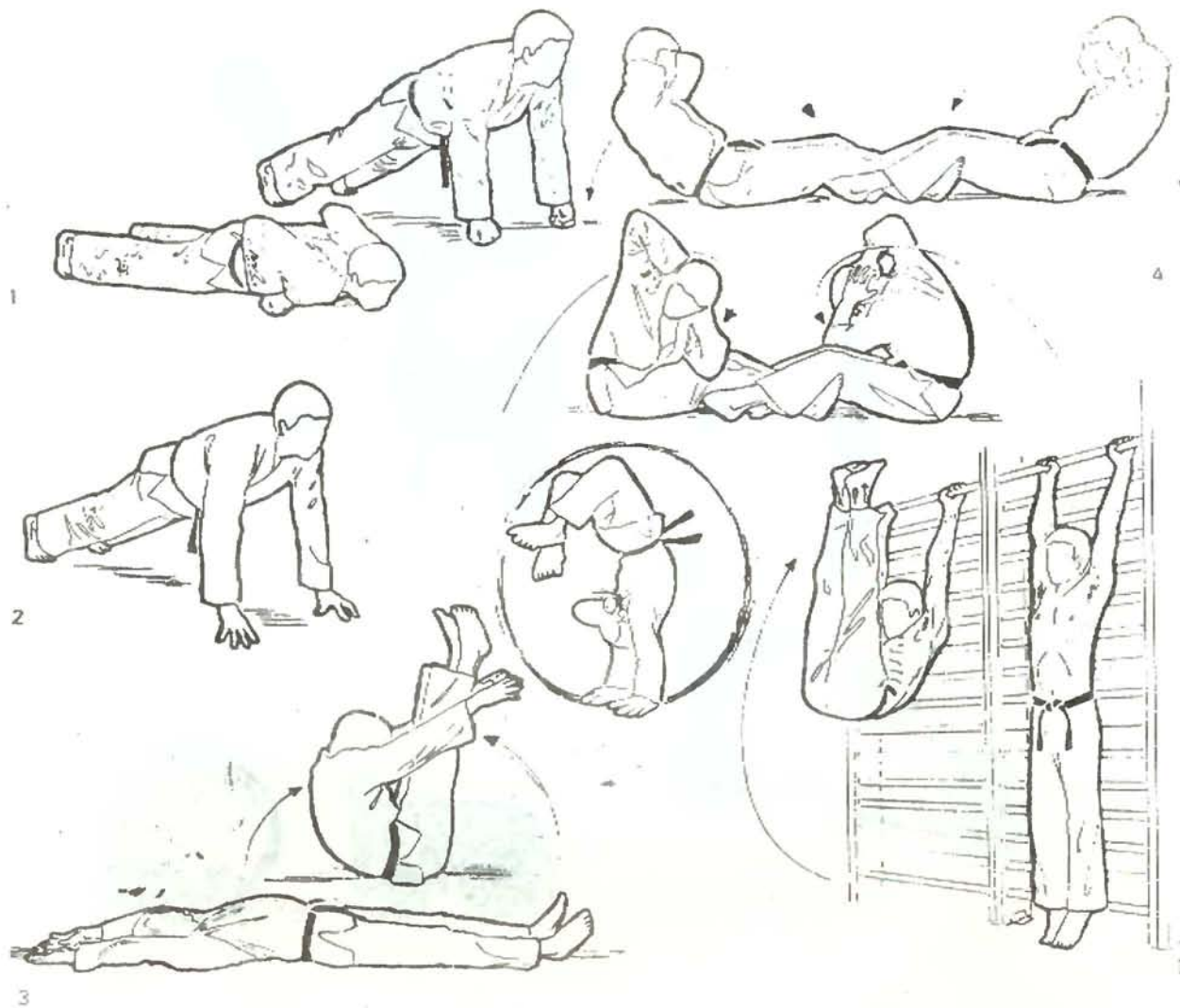
# КАРАТЕ

КАРАТЭ ГОДЗЮ-РЮ

ПОНЯТНОЕ ВСЕМ

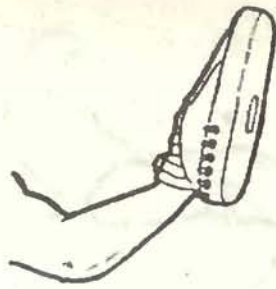


曉のふろし





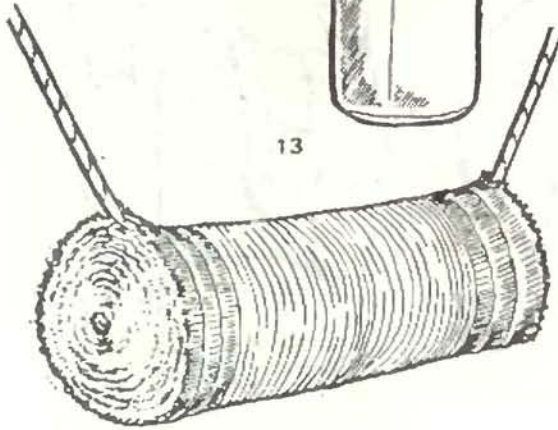
# Makiwara



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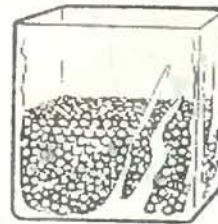
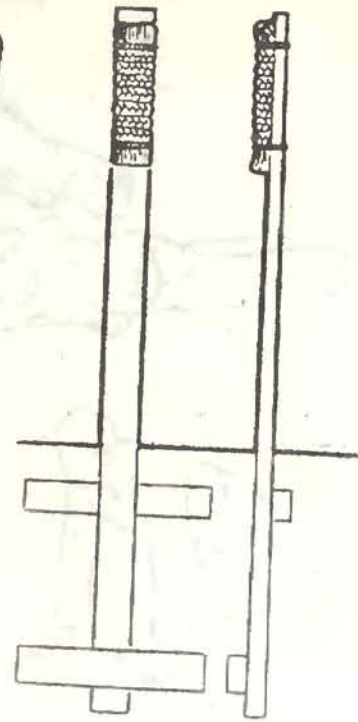
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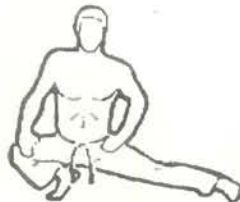
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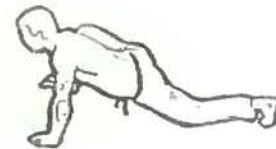
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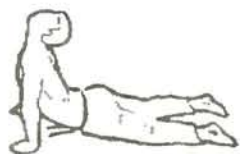
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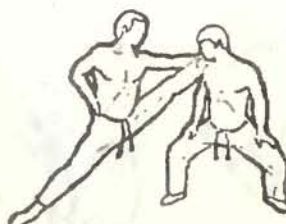
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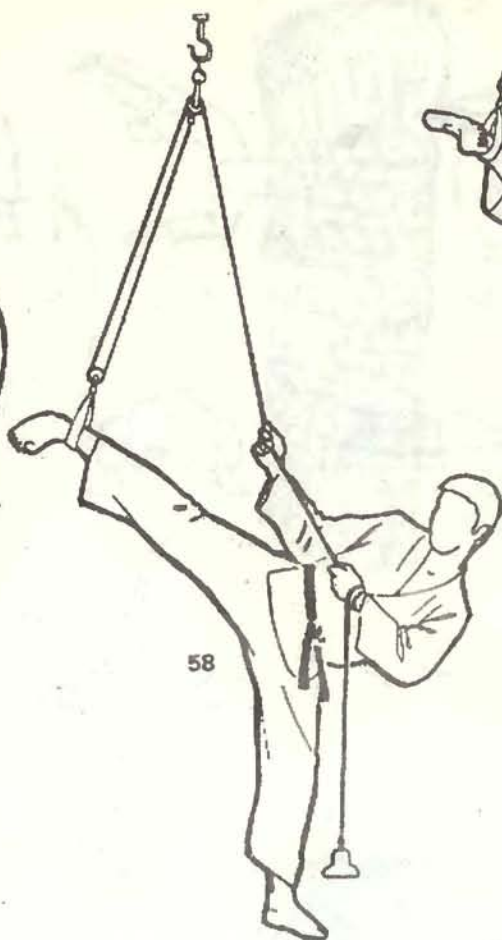


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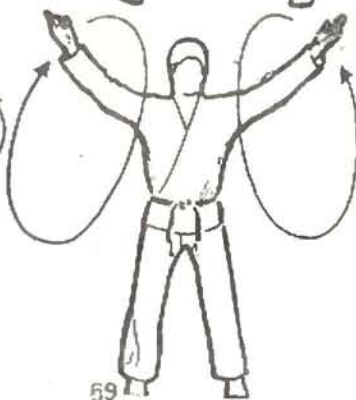
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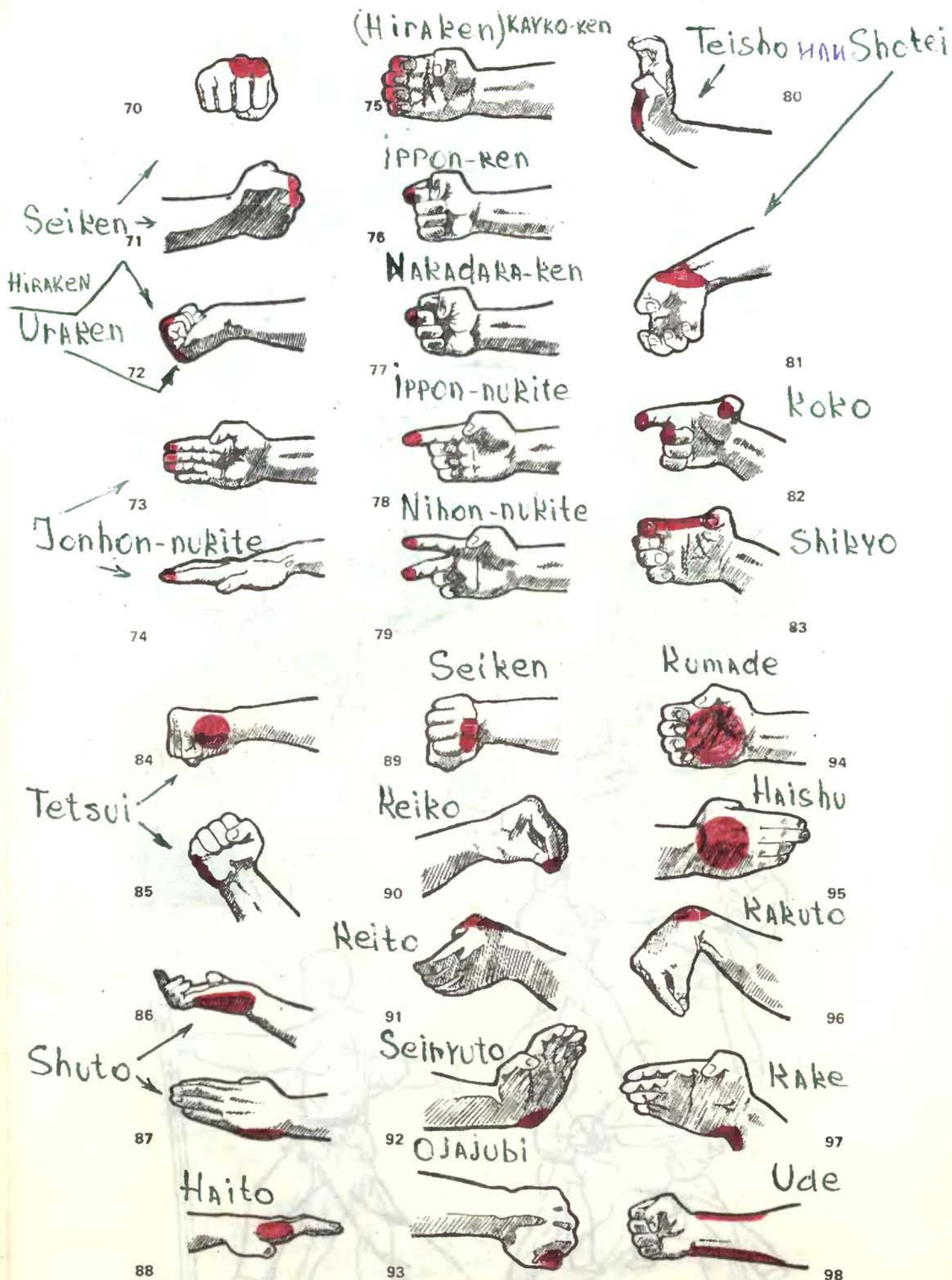
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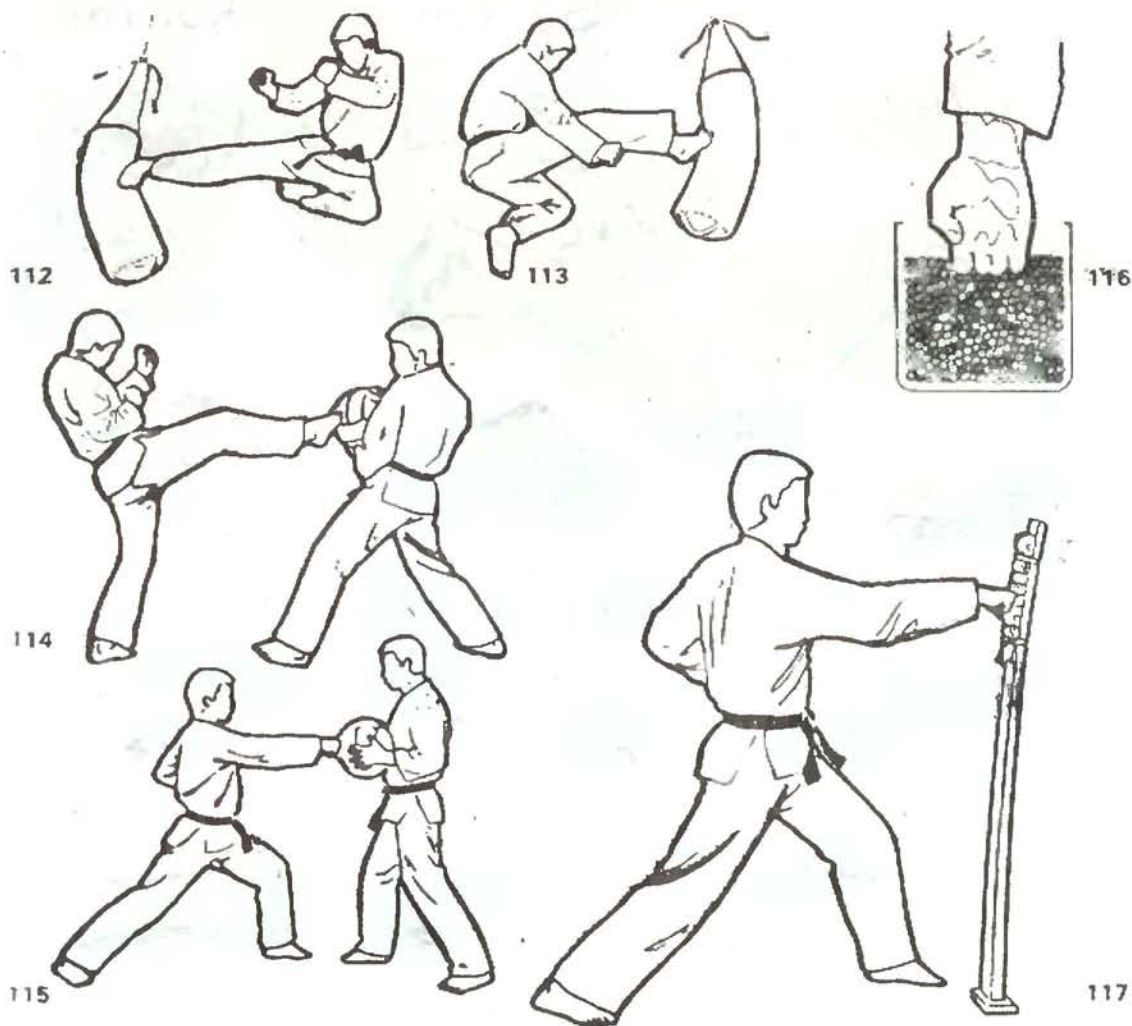
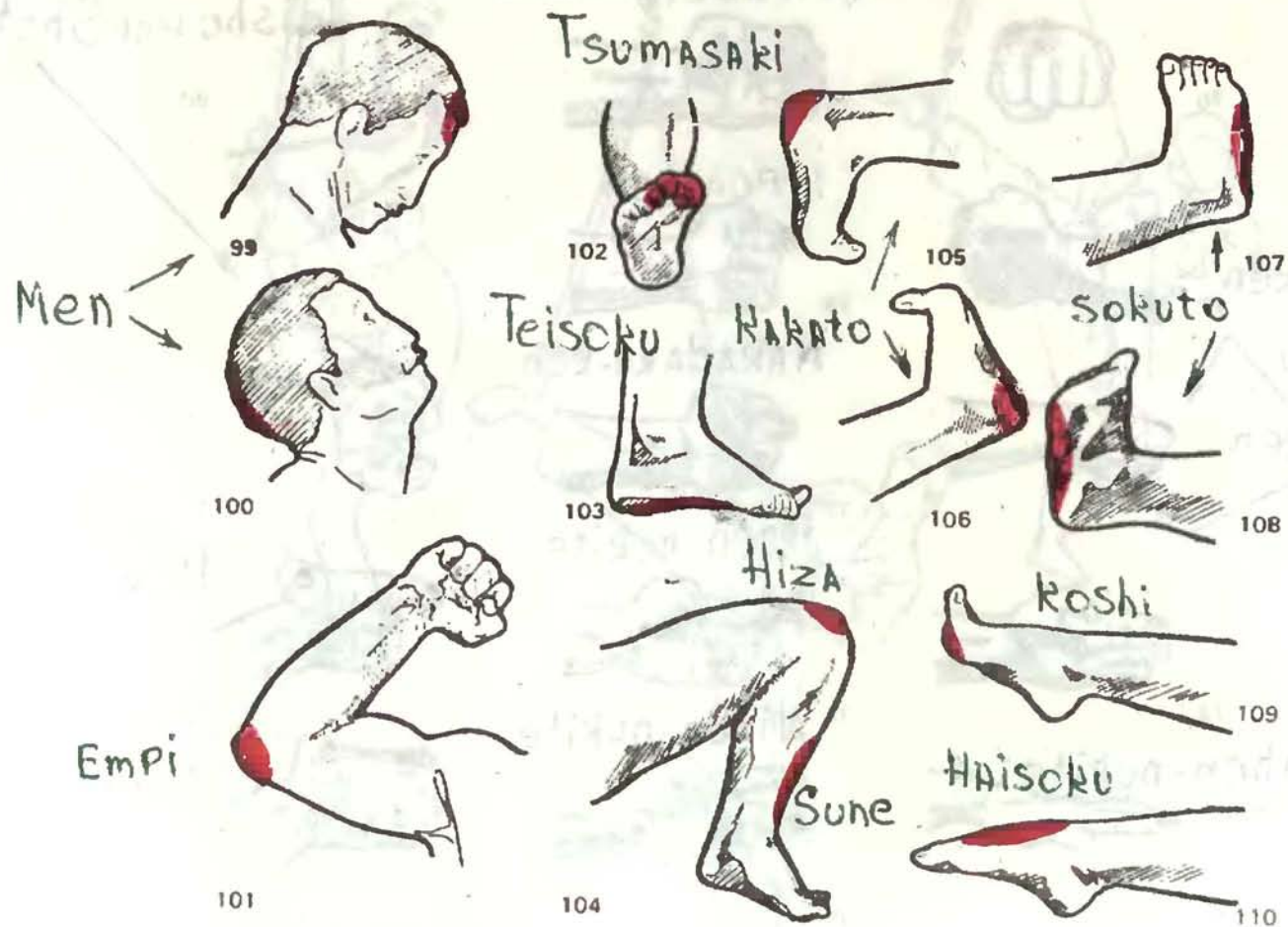
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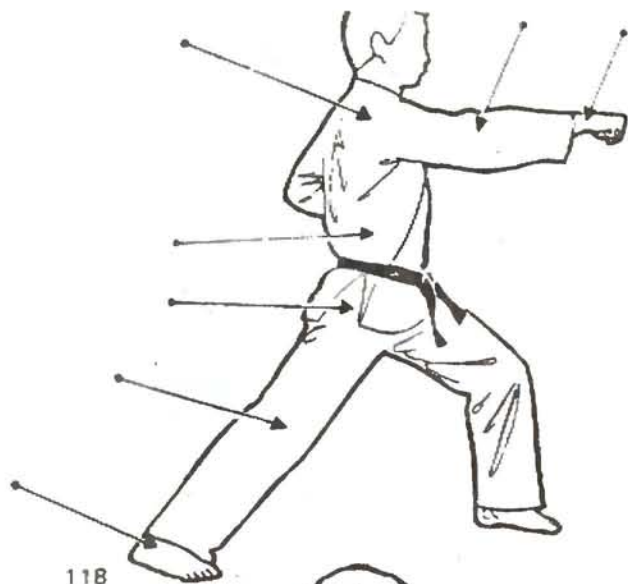


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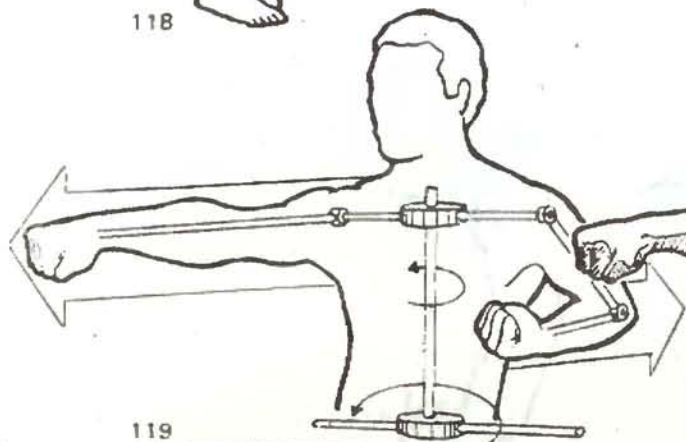




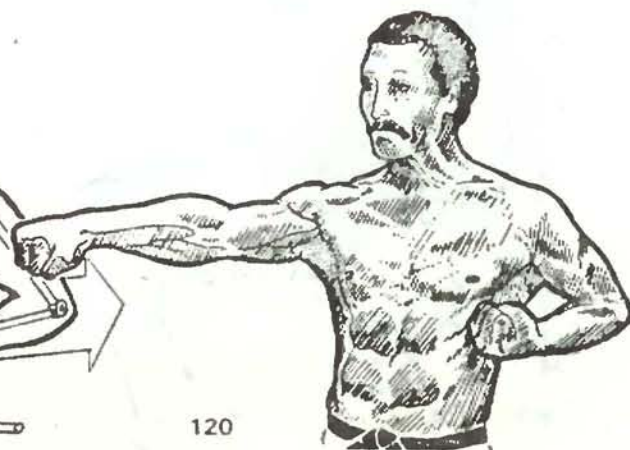


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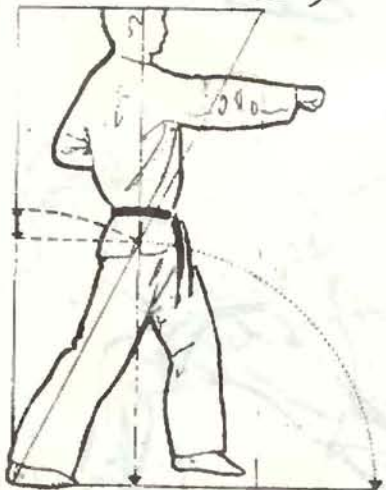
# Seiken-choku-zuki



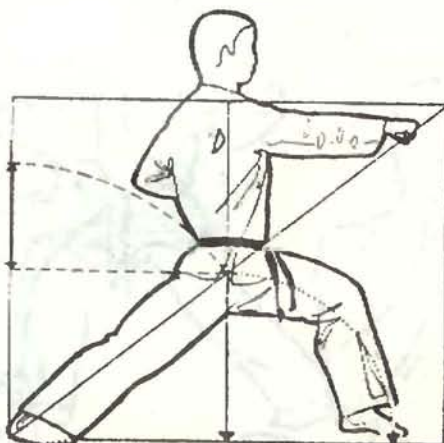
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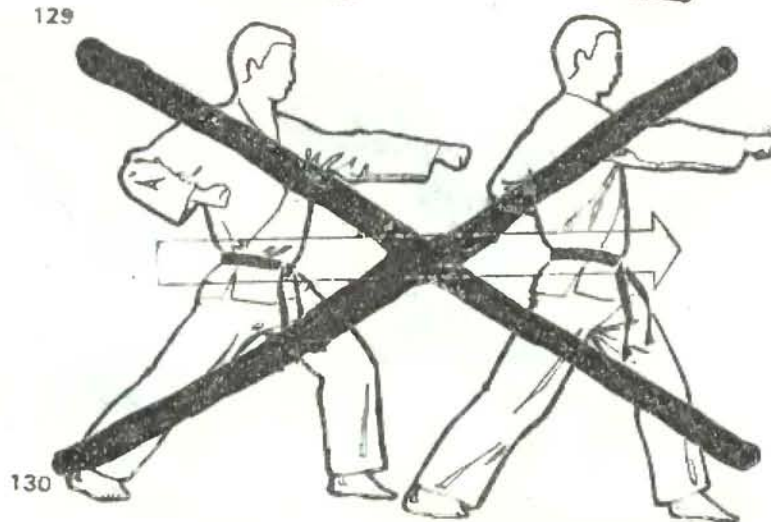
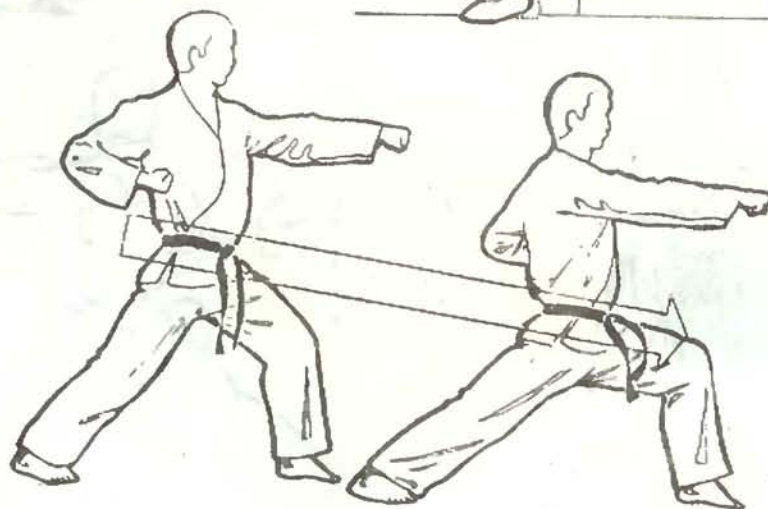
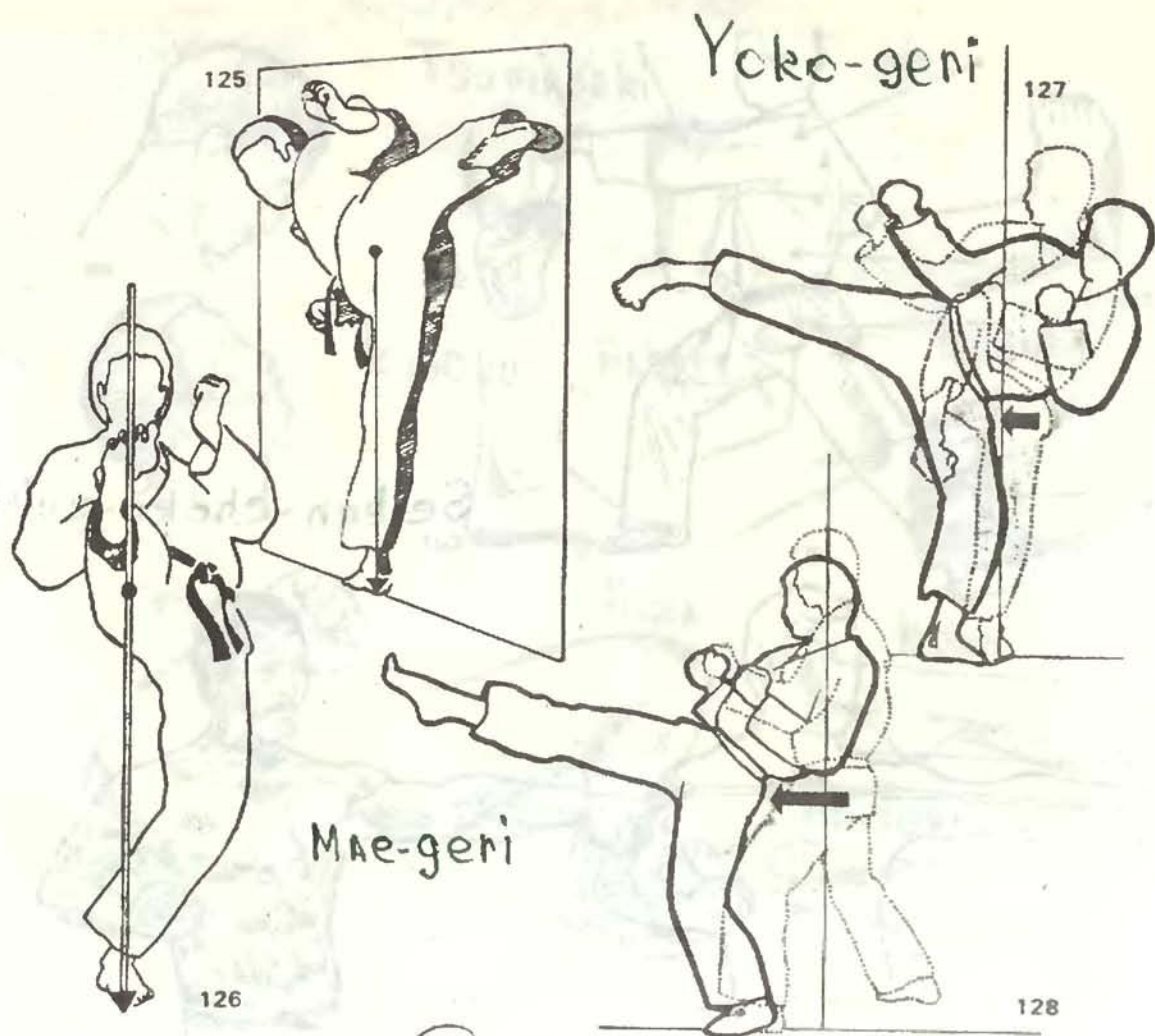


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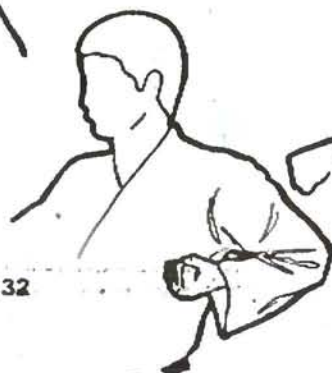
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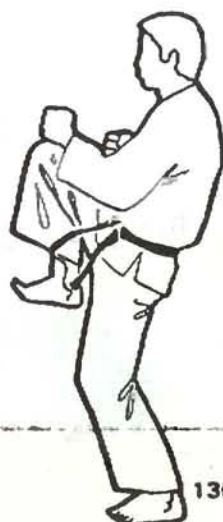
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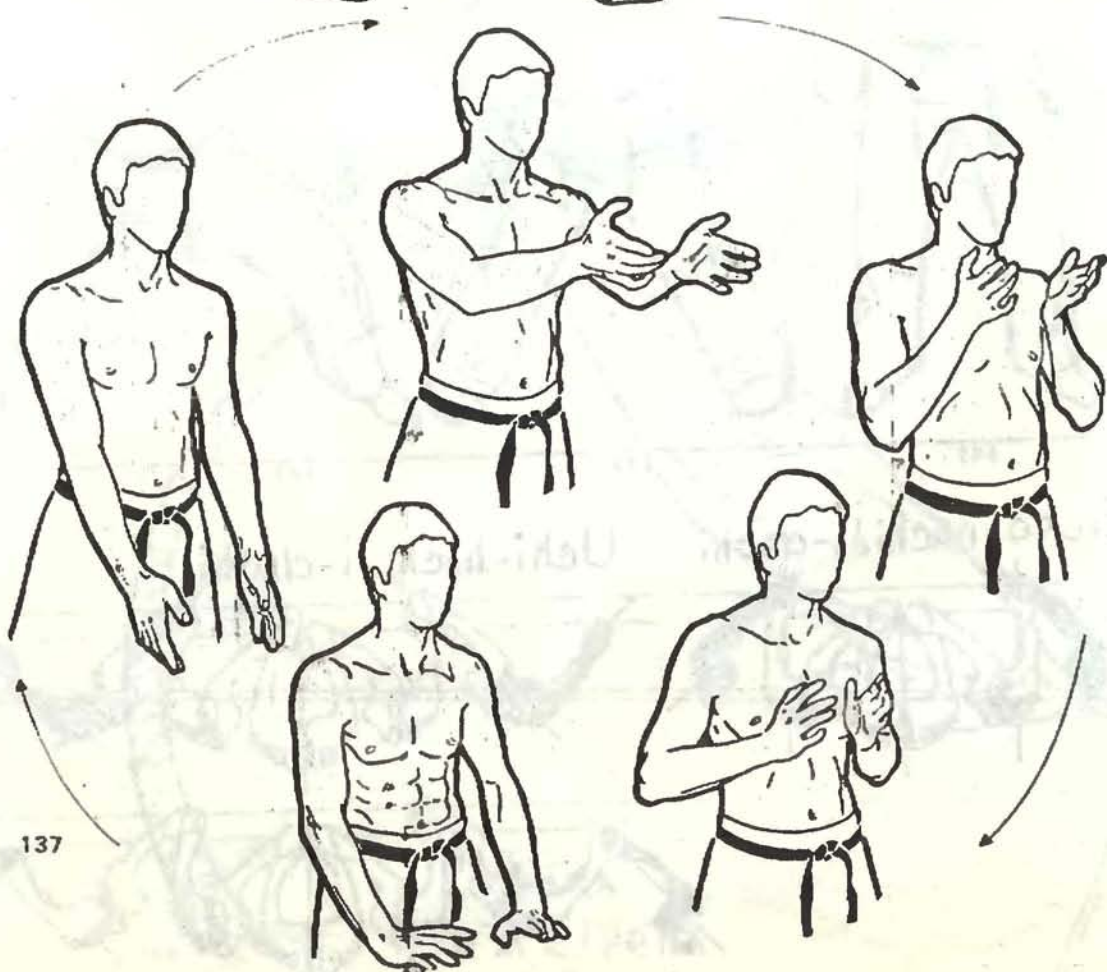
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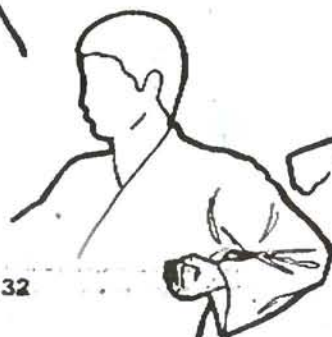


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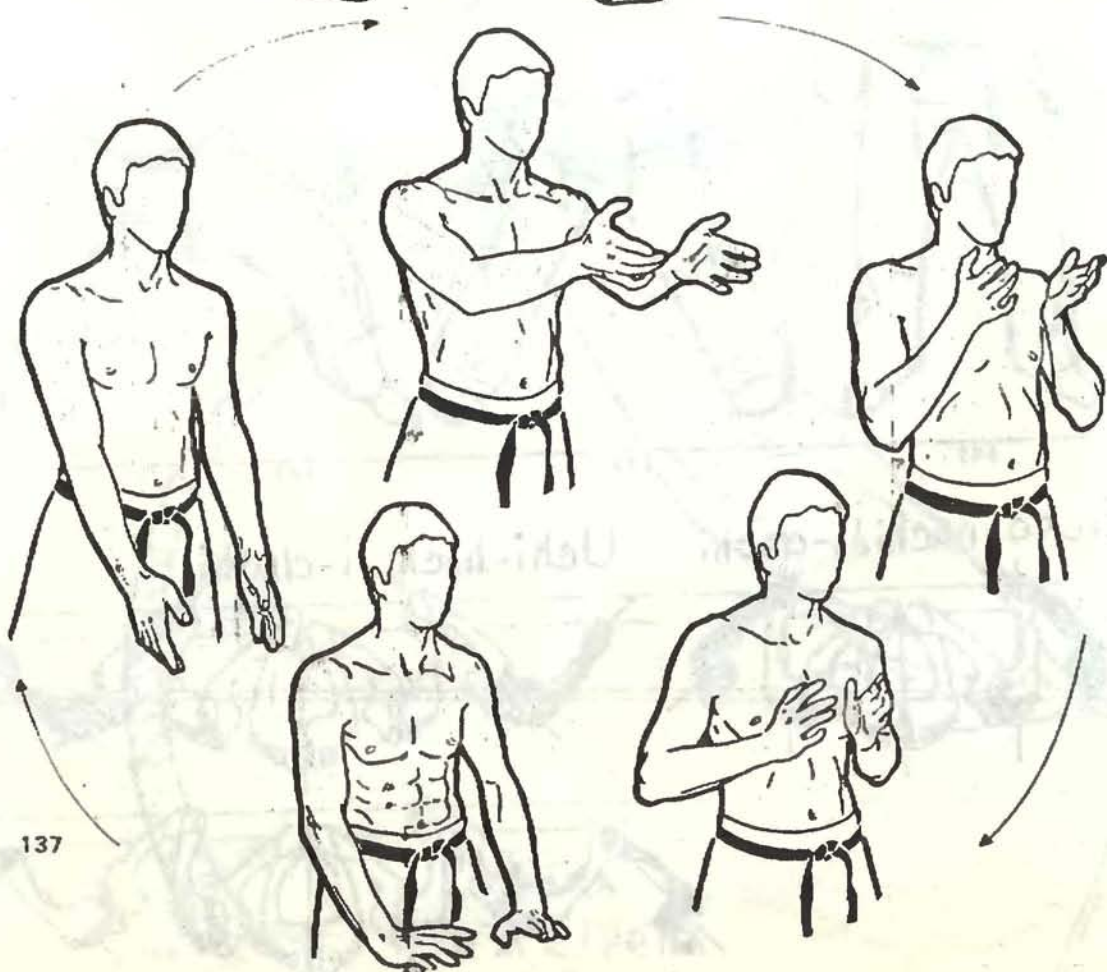
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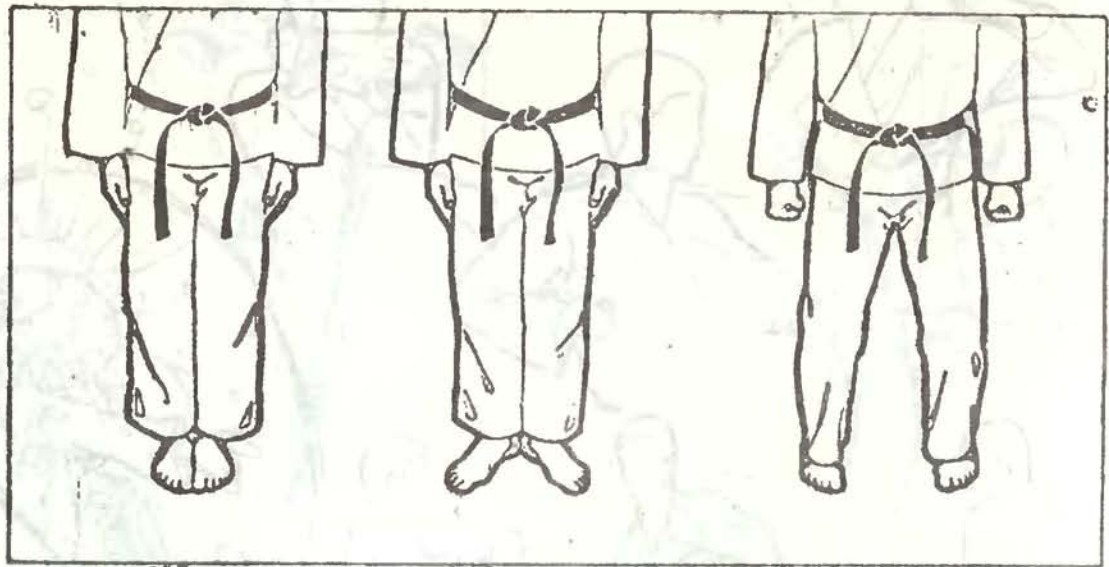


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# Стойки (Dachi-waza)



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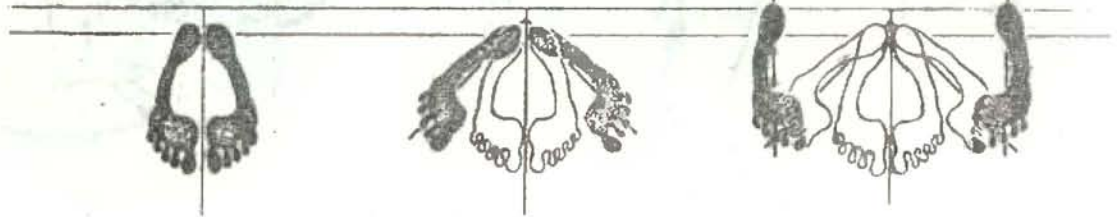
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Heisoku-dachi

Musubi-dachi

Heiko-dachi



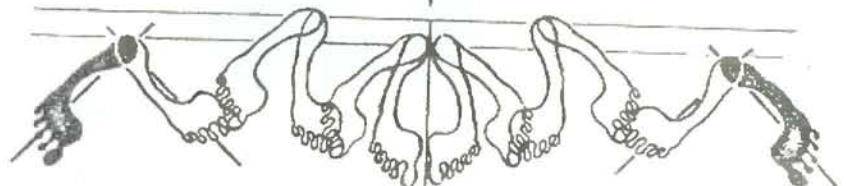
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143

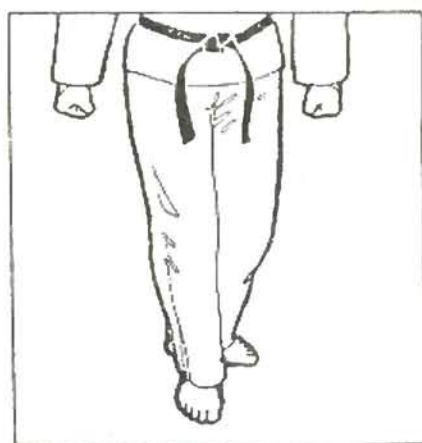
Soto-hachiji-dachi

Uchi-hachiji-dachi



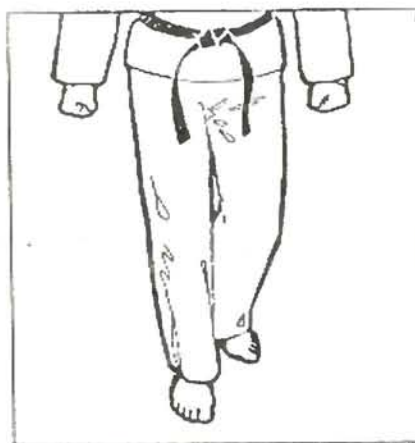
Shiko-dachi



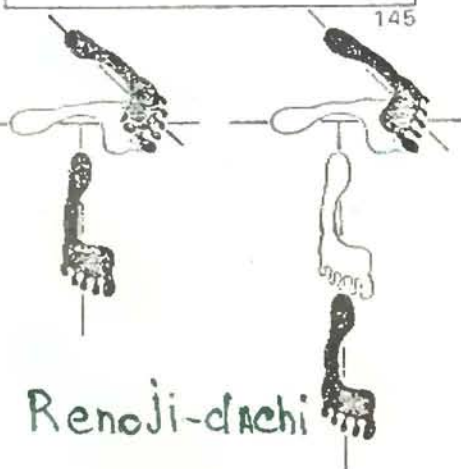
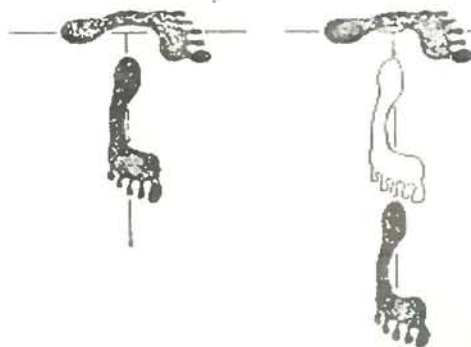


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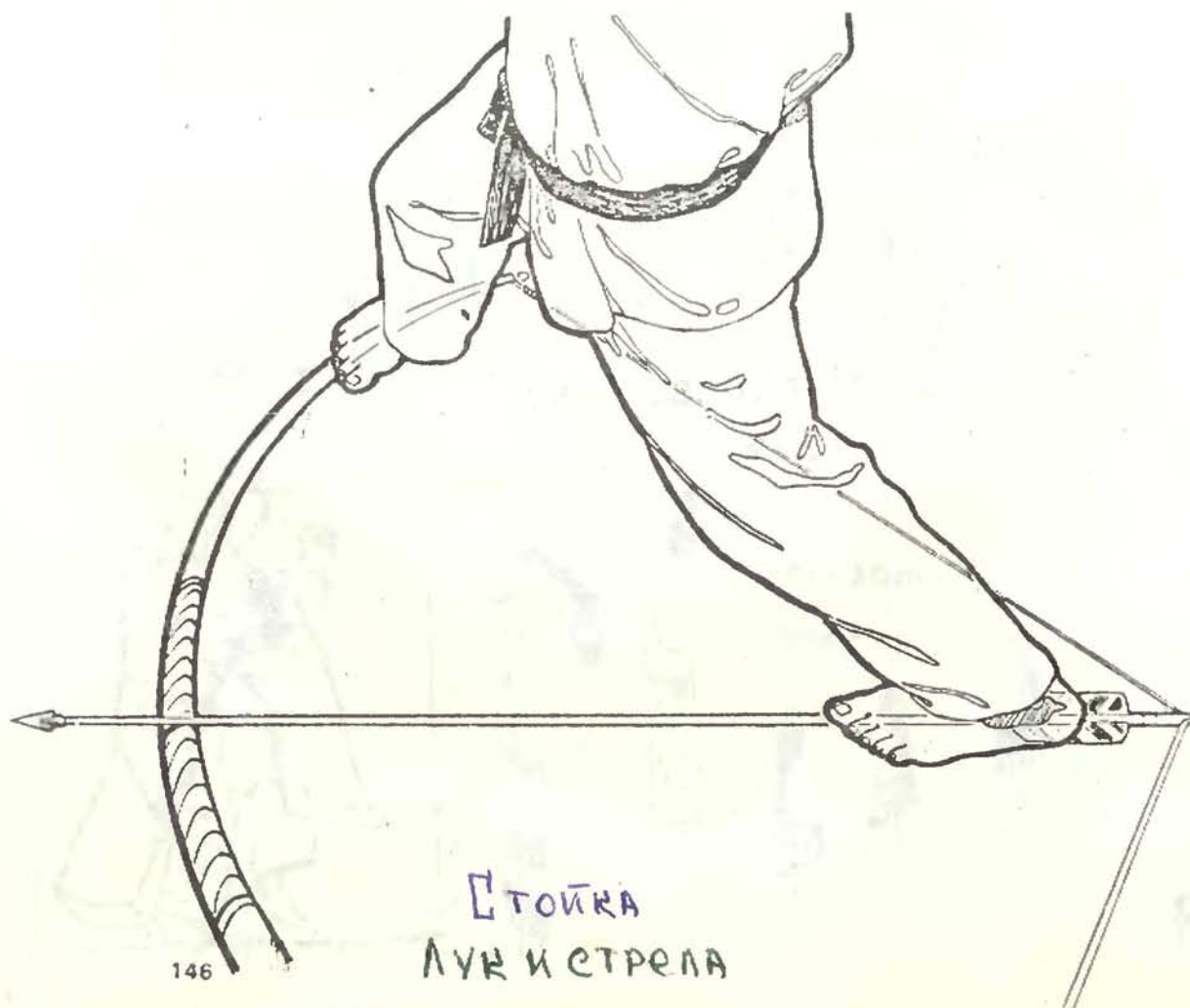
Teiji-dachi



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Renji-dachi

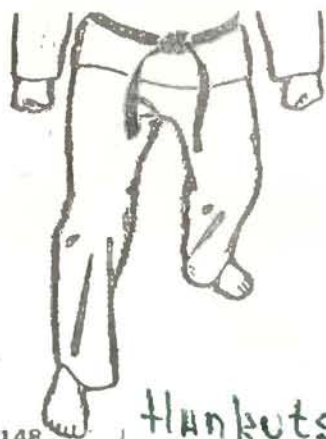
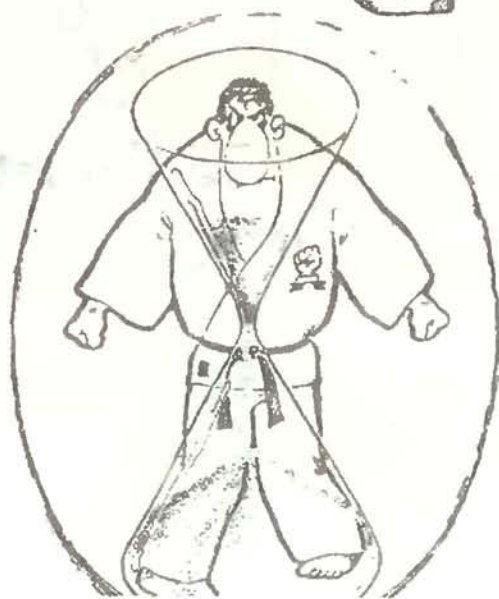


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СТОЙКА  
ЛУК И СТРЕЛА

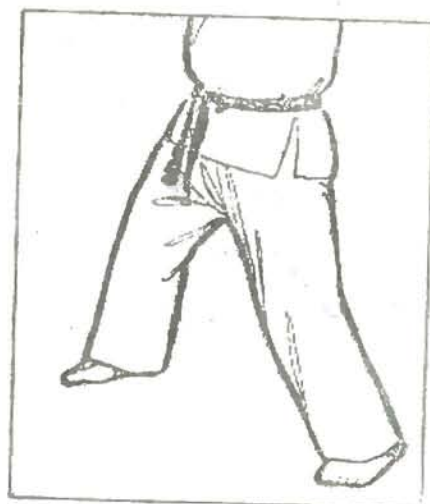
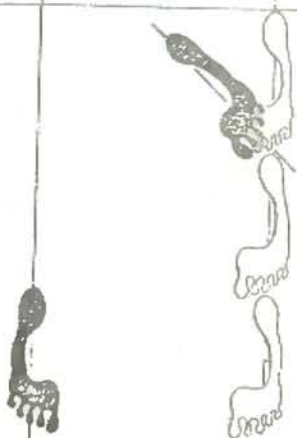


147 Sanchin-dachi



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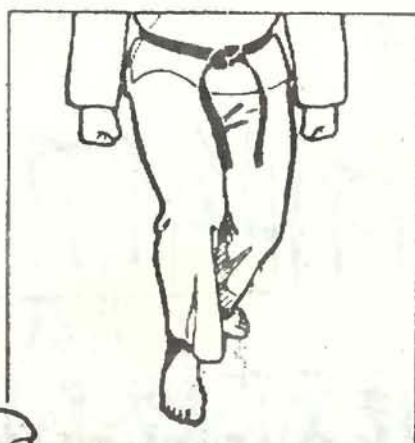
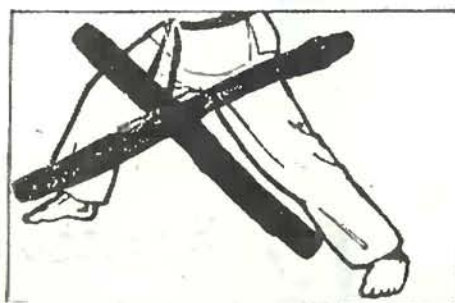
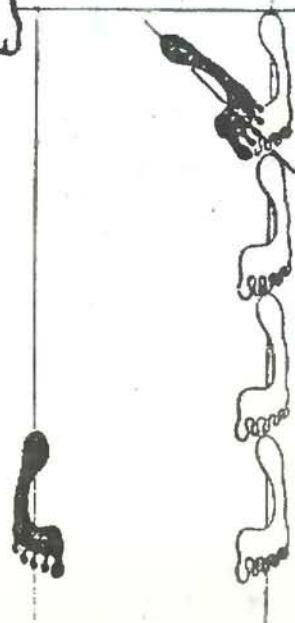
Hankutsu-dachi



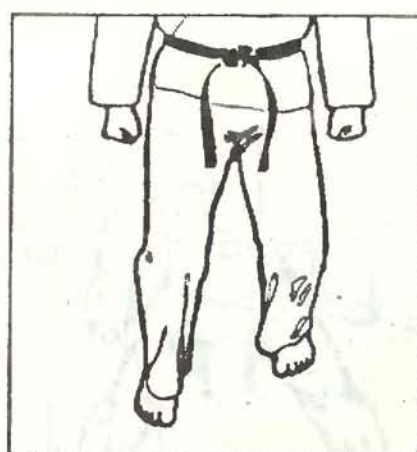




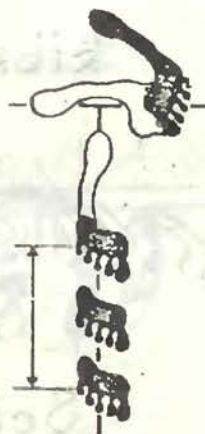
149 Zenkutsu-dachi



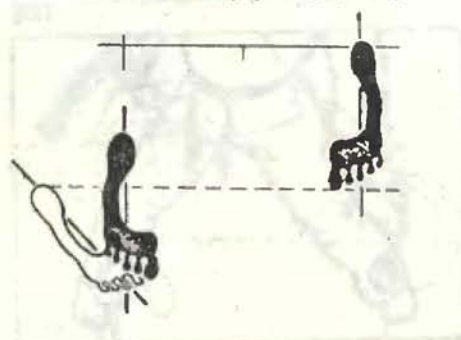
150



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Zuri-ashi-dachi



Neko-ashi-dachi



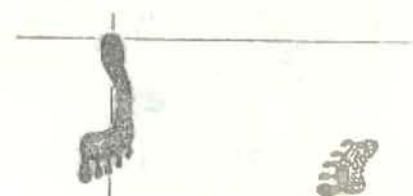
152

Sagi-ashi-dachi

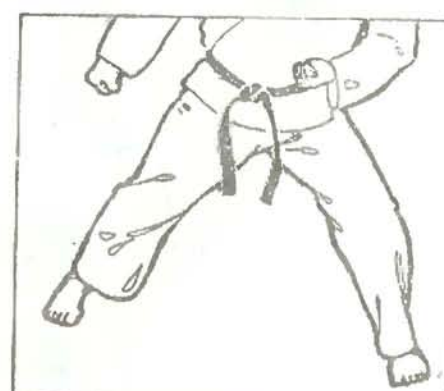
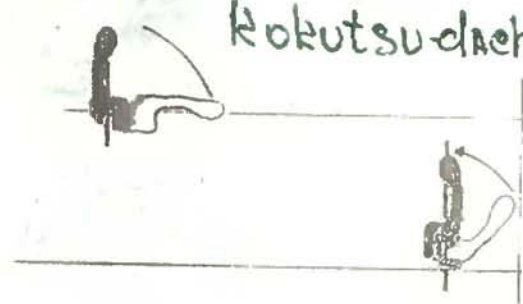


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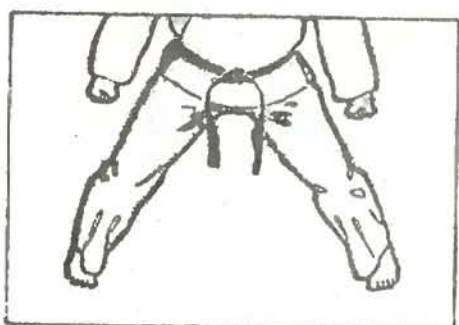
Kosa-dachi



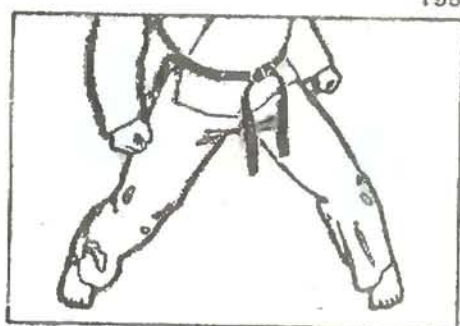
Kokutsu-dachi



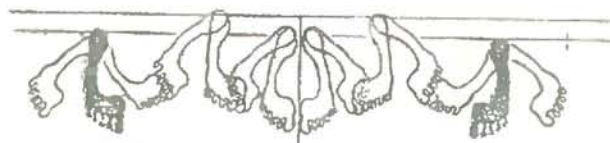
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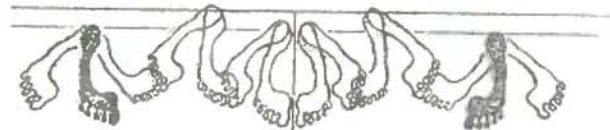
155



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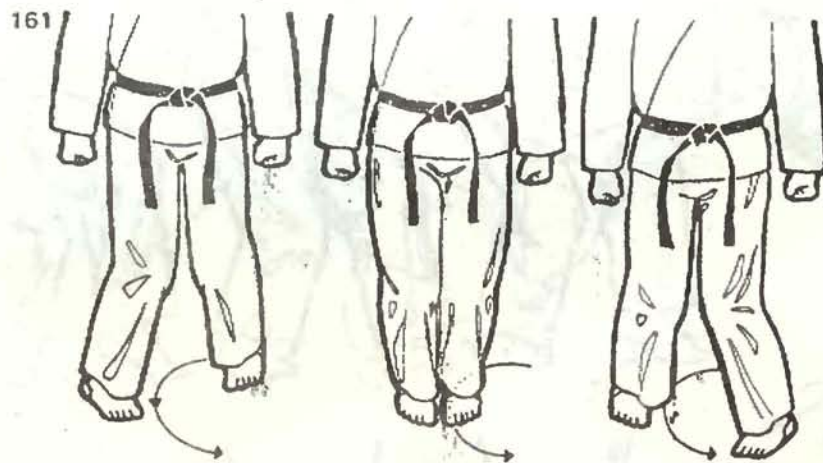
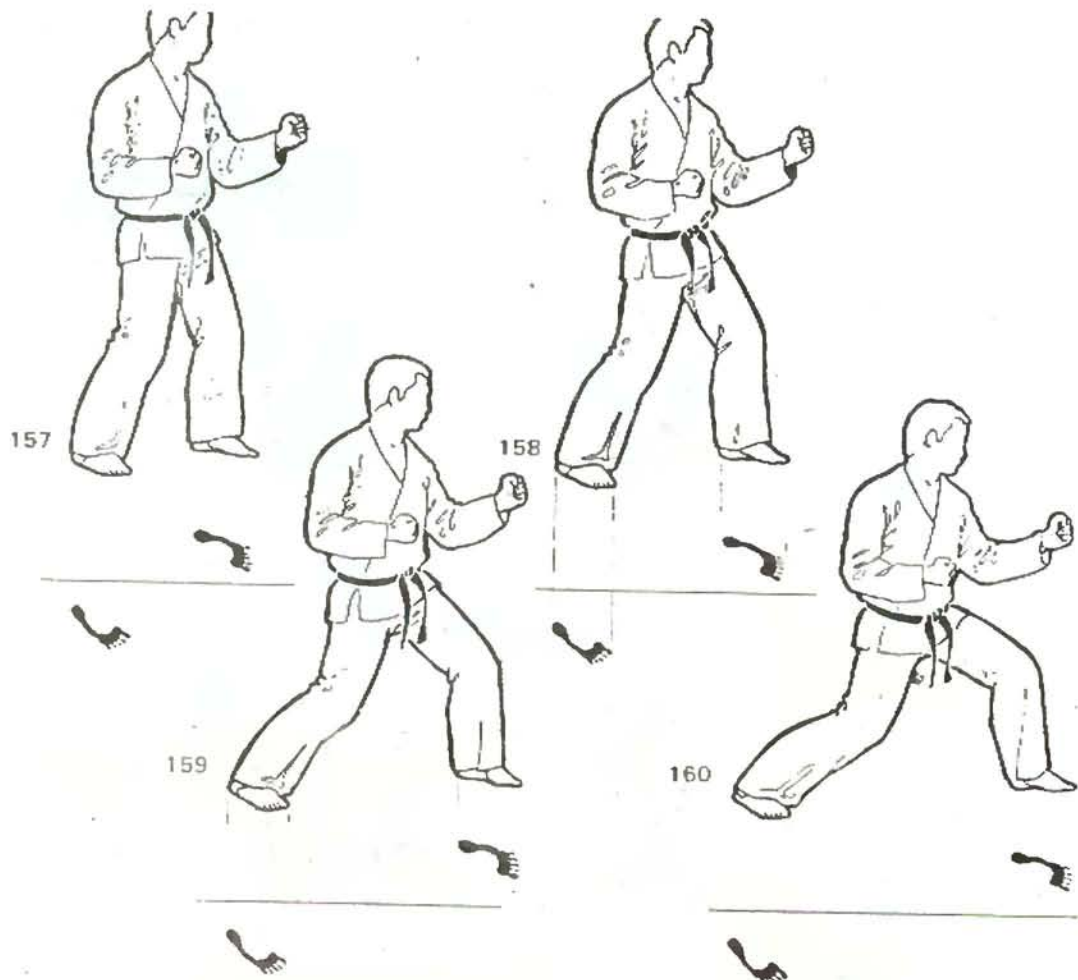
Kiba-dachi



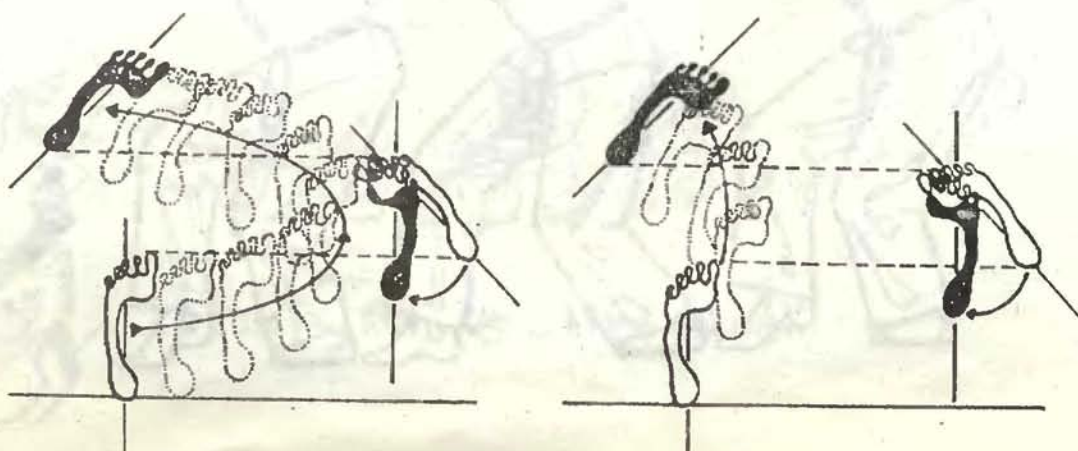
Sochin-dachi



# Вольные боевые стойки

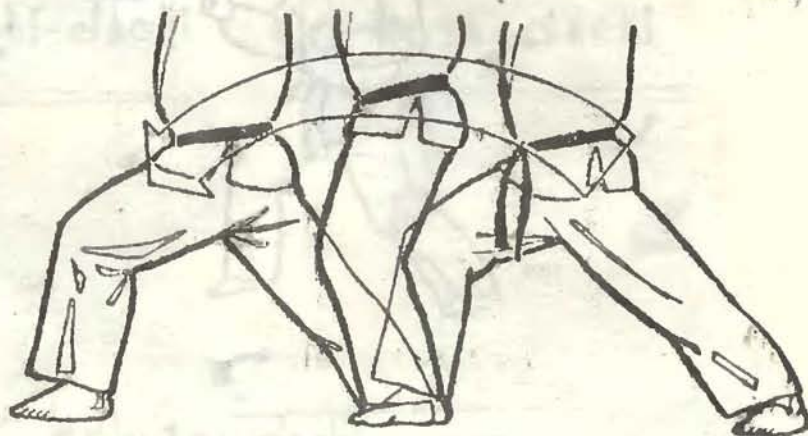
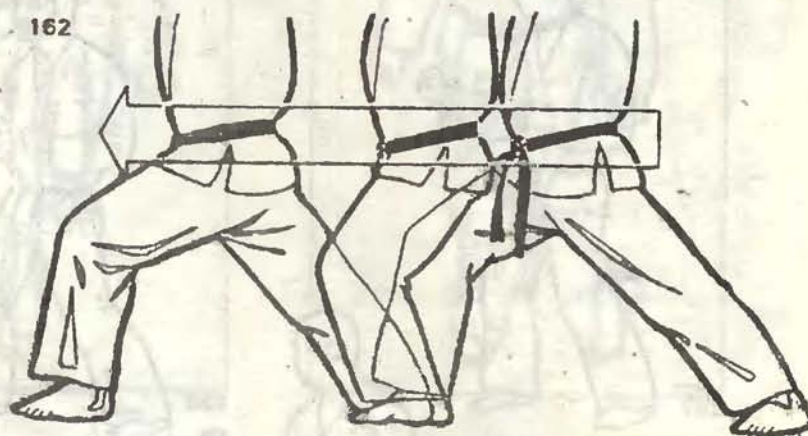
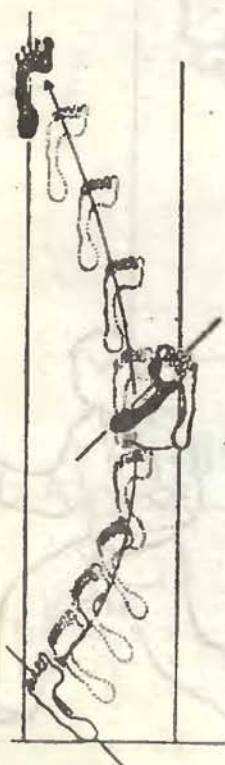


Передвижение в  
Sanchin-dachi



# Перевыживание в Zenkutsu-dachi

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## Neko-ashi-dachi-hoko

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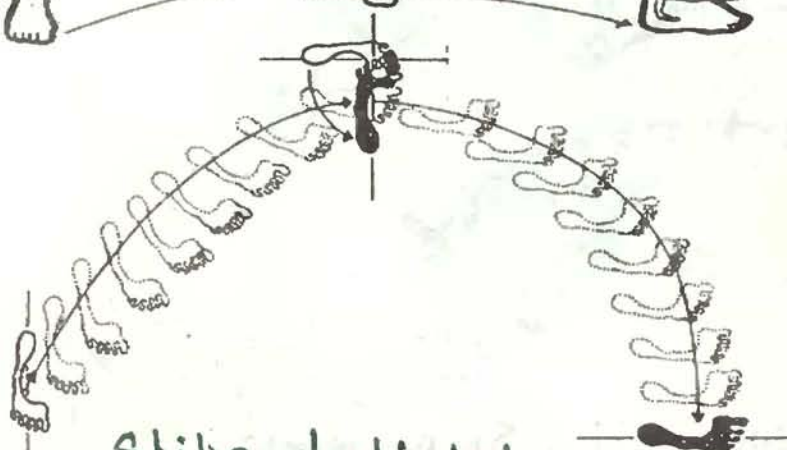
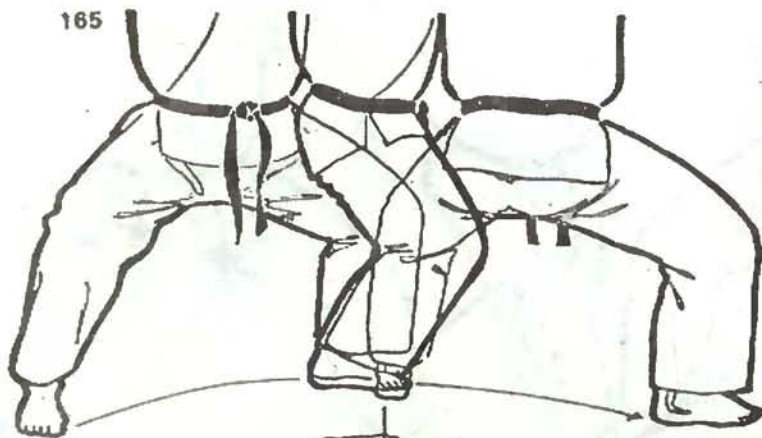


164



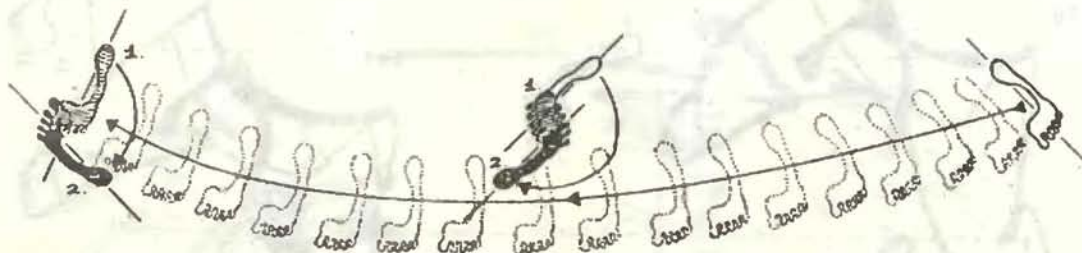
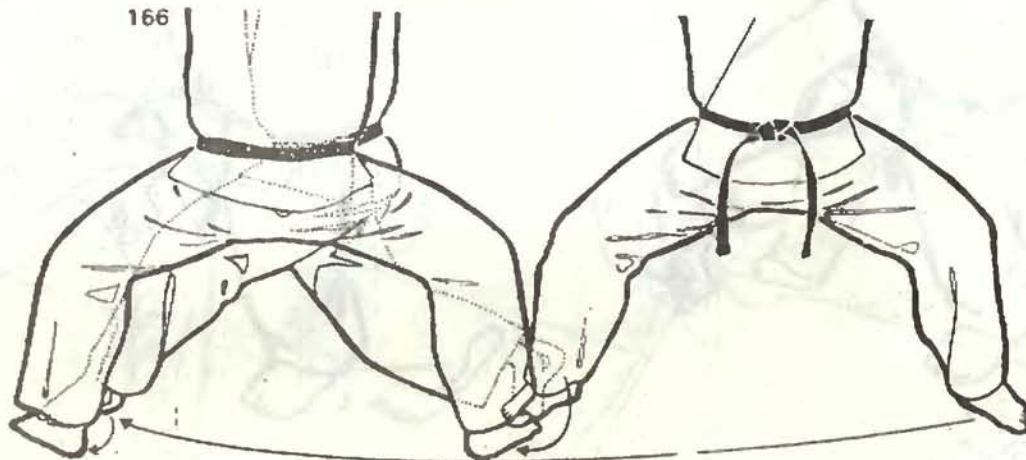


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Shiko-dachi-hoko

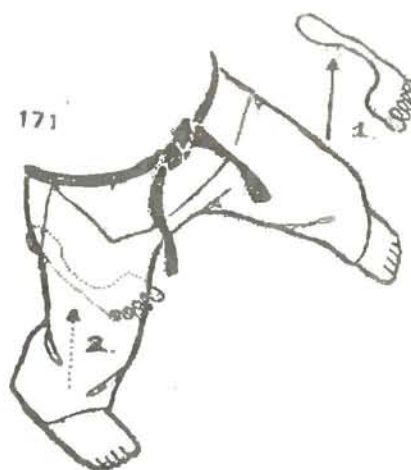
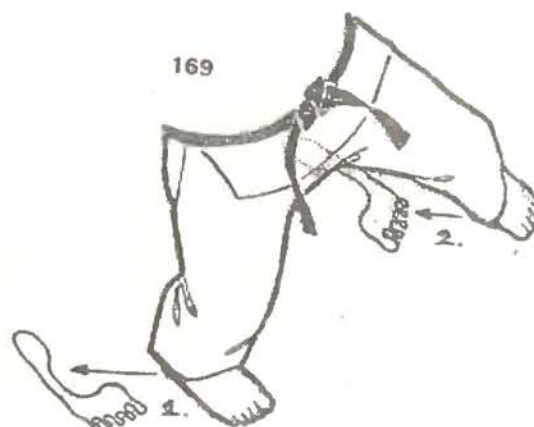
166



Ajumi-ashi B Shiko-dachi



# Ajumi-Ashi & Shiko-clachi



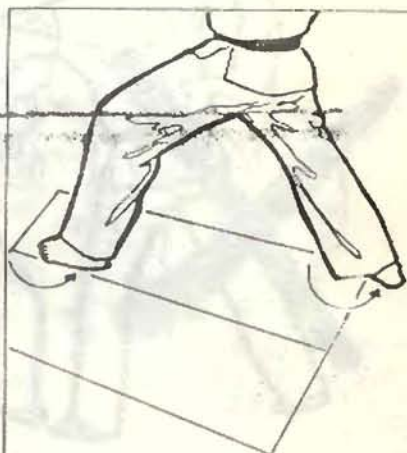
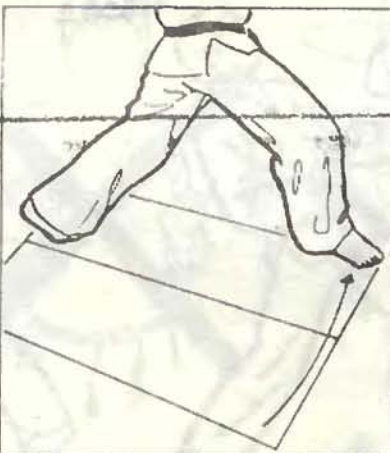




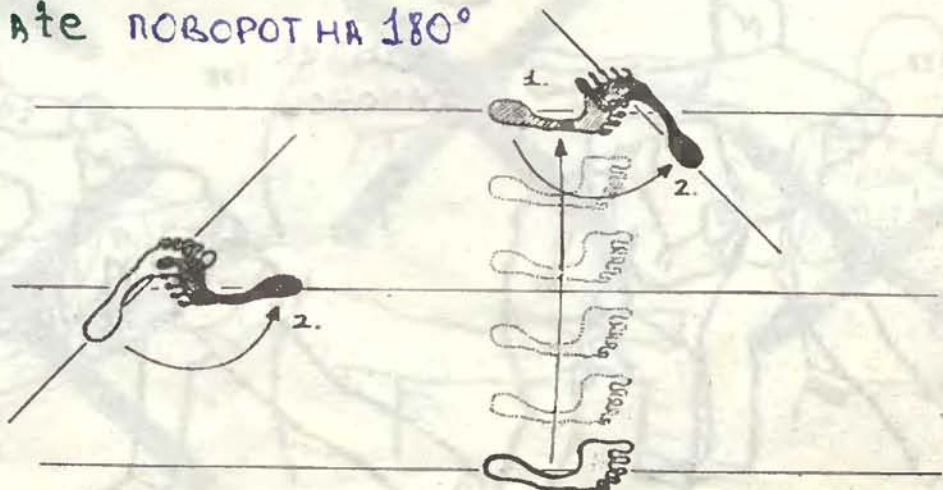
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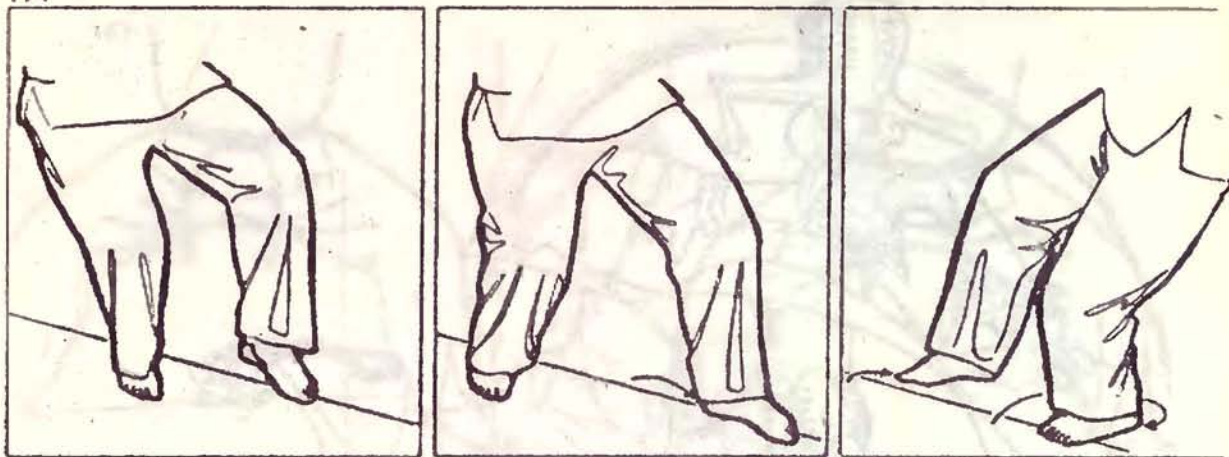
173



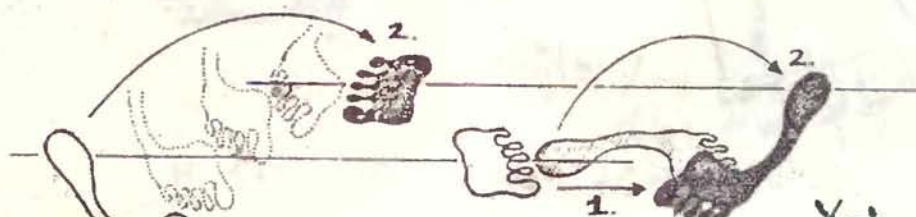
Мавате поворот на 180°







Mawate



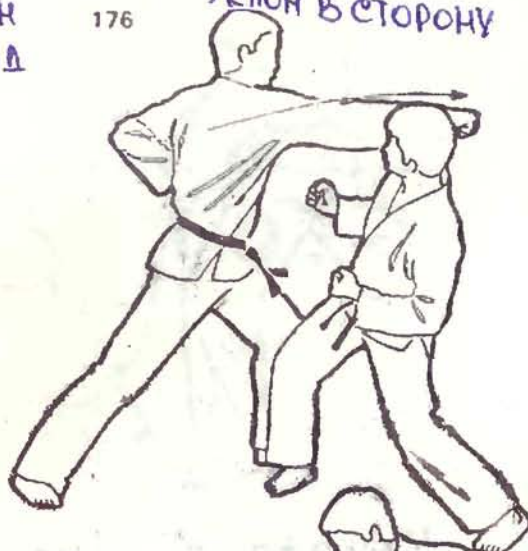
175

Mae-sori-mi  
УКЛОН  
НАЗАД



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Yoko-furi-mi  
УКЛОН  
В СТОРОНУ



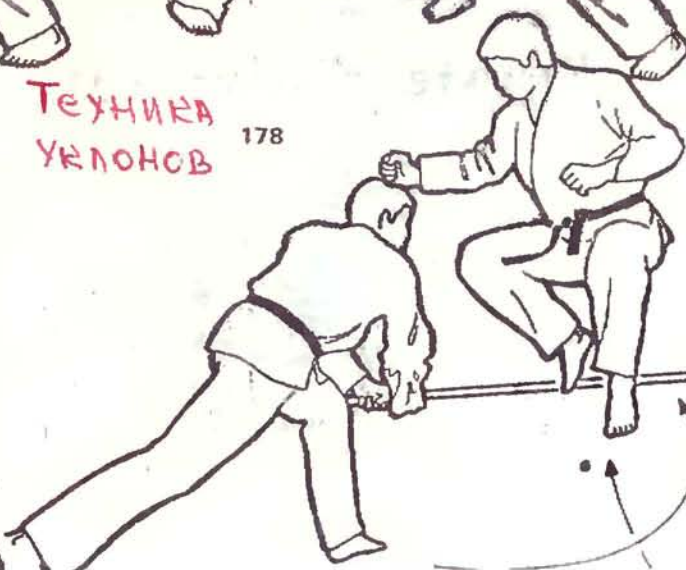
177

ТЕХНИКА  
УКЛОНОВ



178

Tobi-mi  
УКЛОН ПРЫЖКОМ



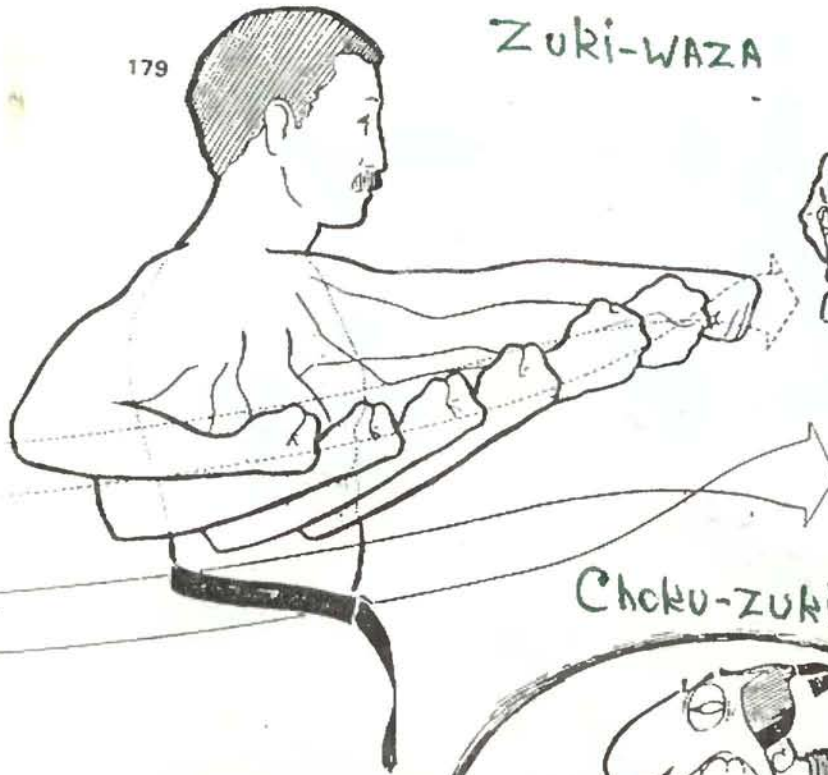
Otoshi-mi  
УКЛОН  
СГИБАНИЕМ НОГ



# Прямые удары кулаком

## Zuki-waza

179



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## Choku-zuki

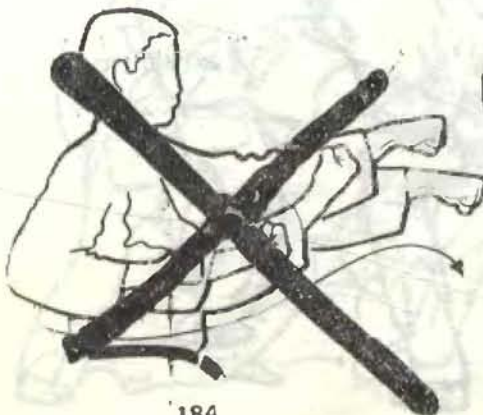
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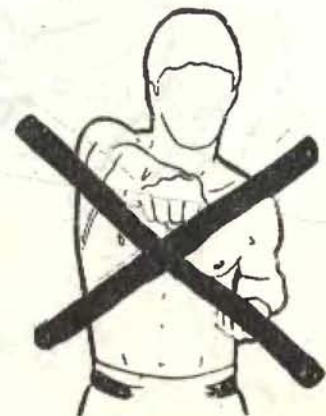
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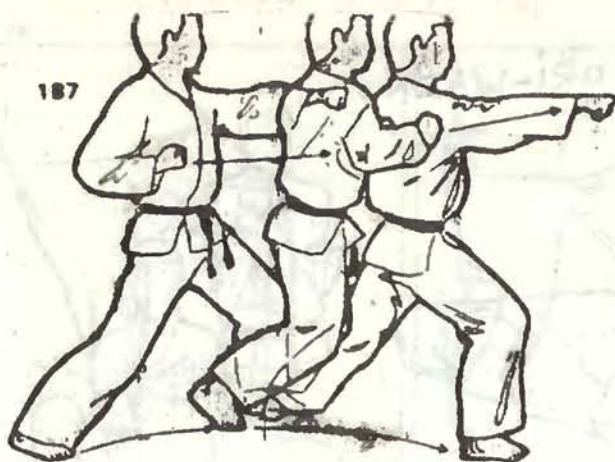
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Oi-zuki



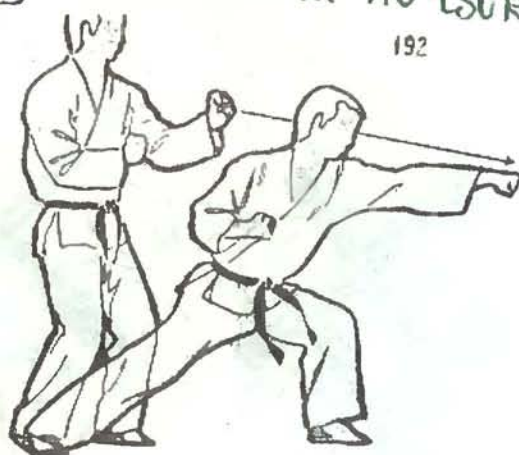
Tobi-oi-zuki



Kisami-zuki



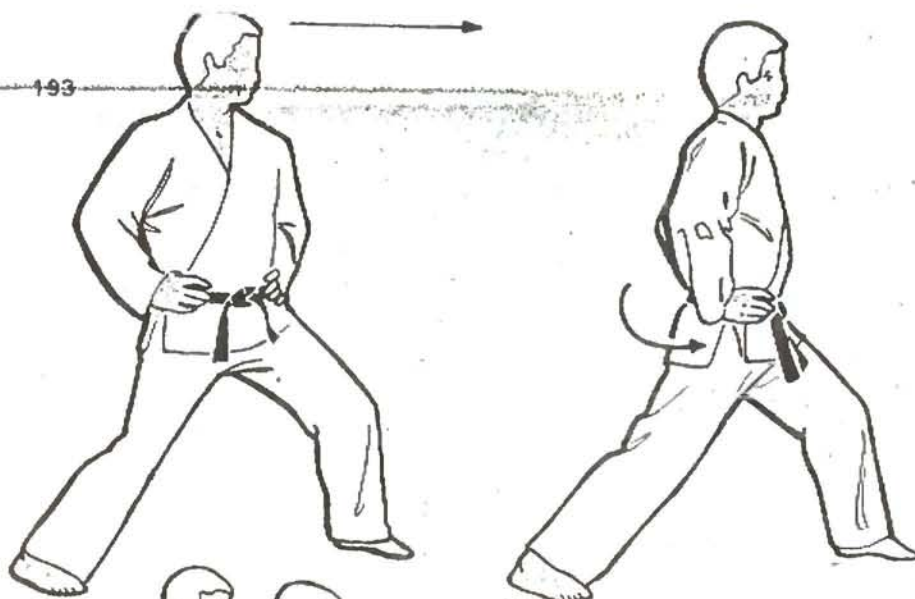
189 Jun-zuki-no-tsukomi



Nagachi-zuki

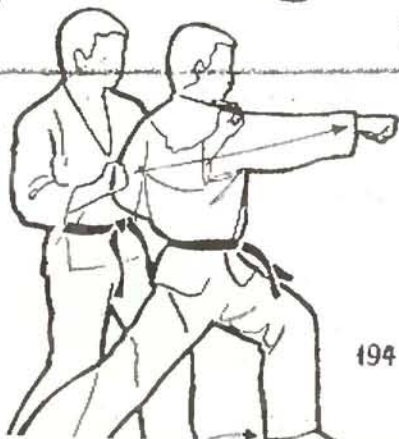


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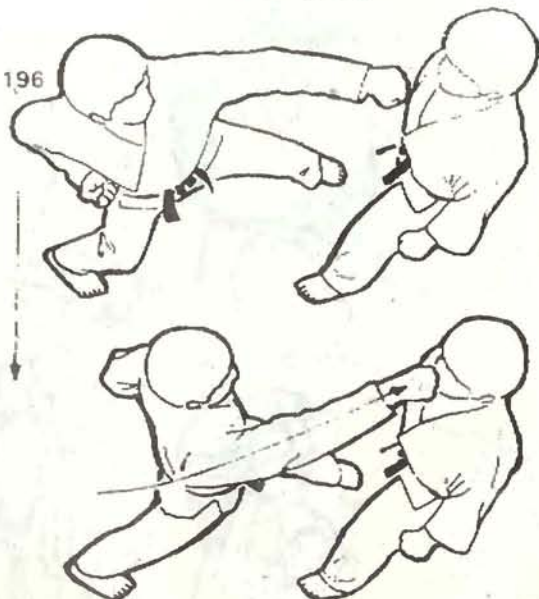
GYAKU-zuki

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Ren-zuki

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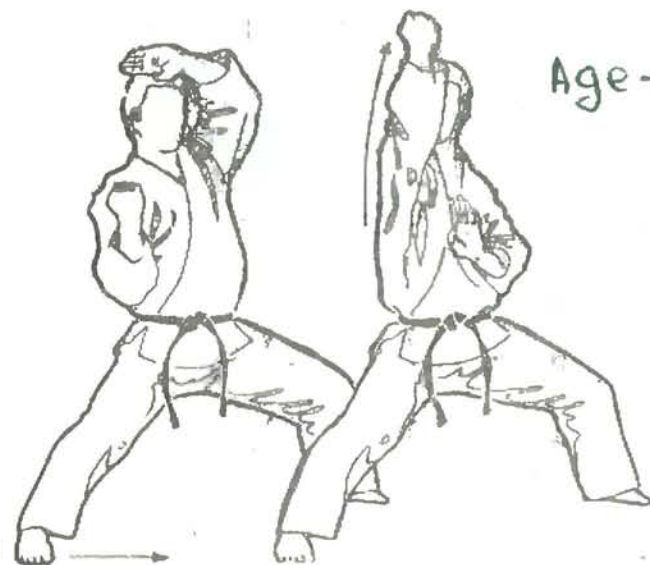
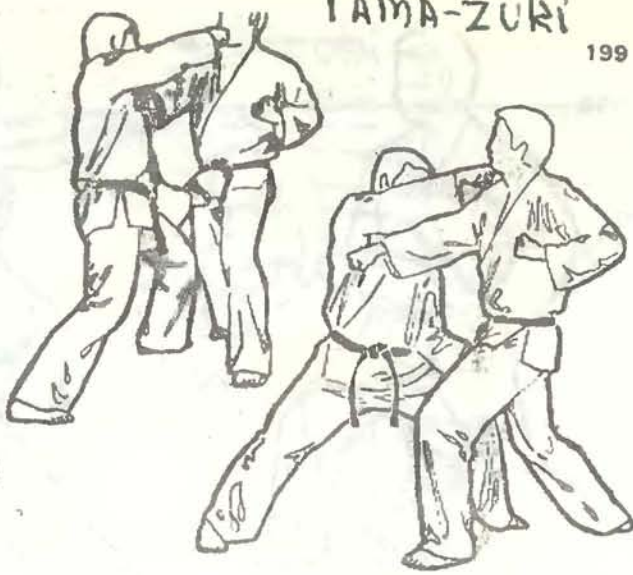


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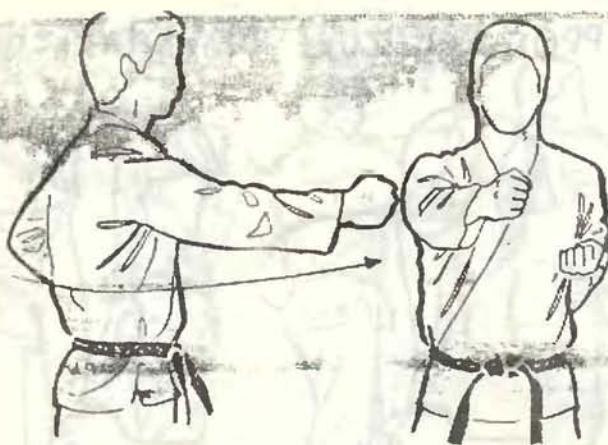


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206

Tate-zuki



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208

Shita-zuki



209

(Ura-zuki)



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Teisho-zuki 213

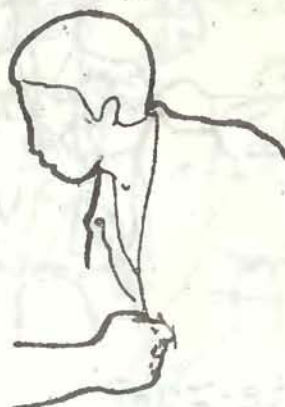


Hokite



216

ippon-ken-zuki 214



ippon-zuki

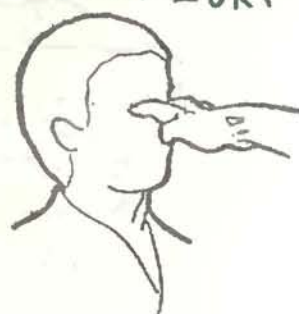


217

Nakadaka-ken-zuki 215



Nihon-zuki



218

Uchi-waza

КРУГОВЫЕ УДАРЫ  
КУЛАКОМ



219

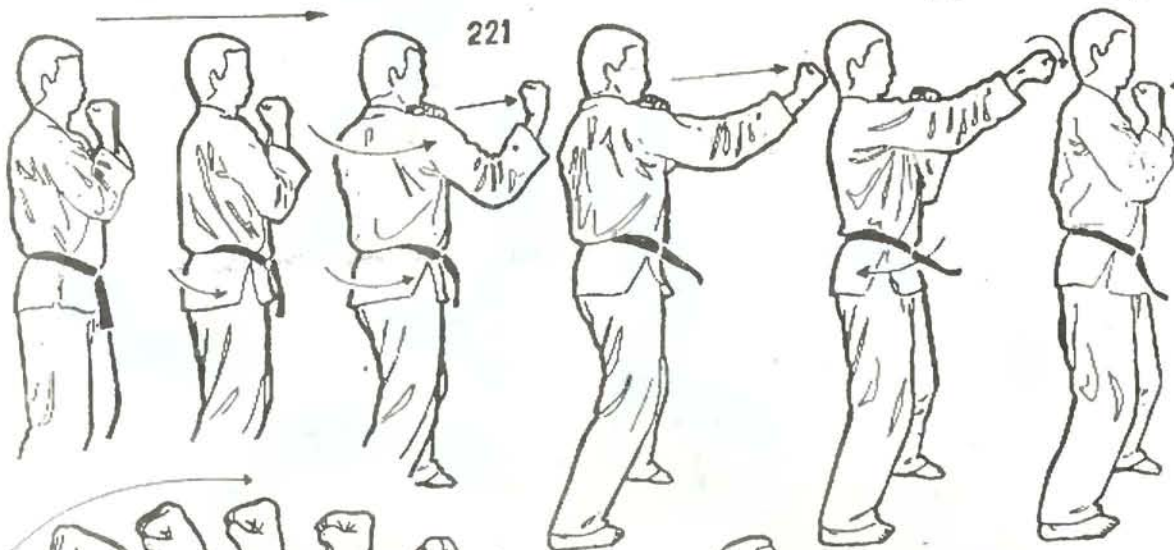


220



uki

# Shomen-uraken-uchi



222

## SAYO-uraken-uchi



224

## Yokomen-uraken-uchi



225



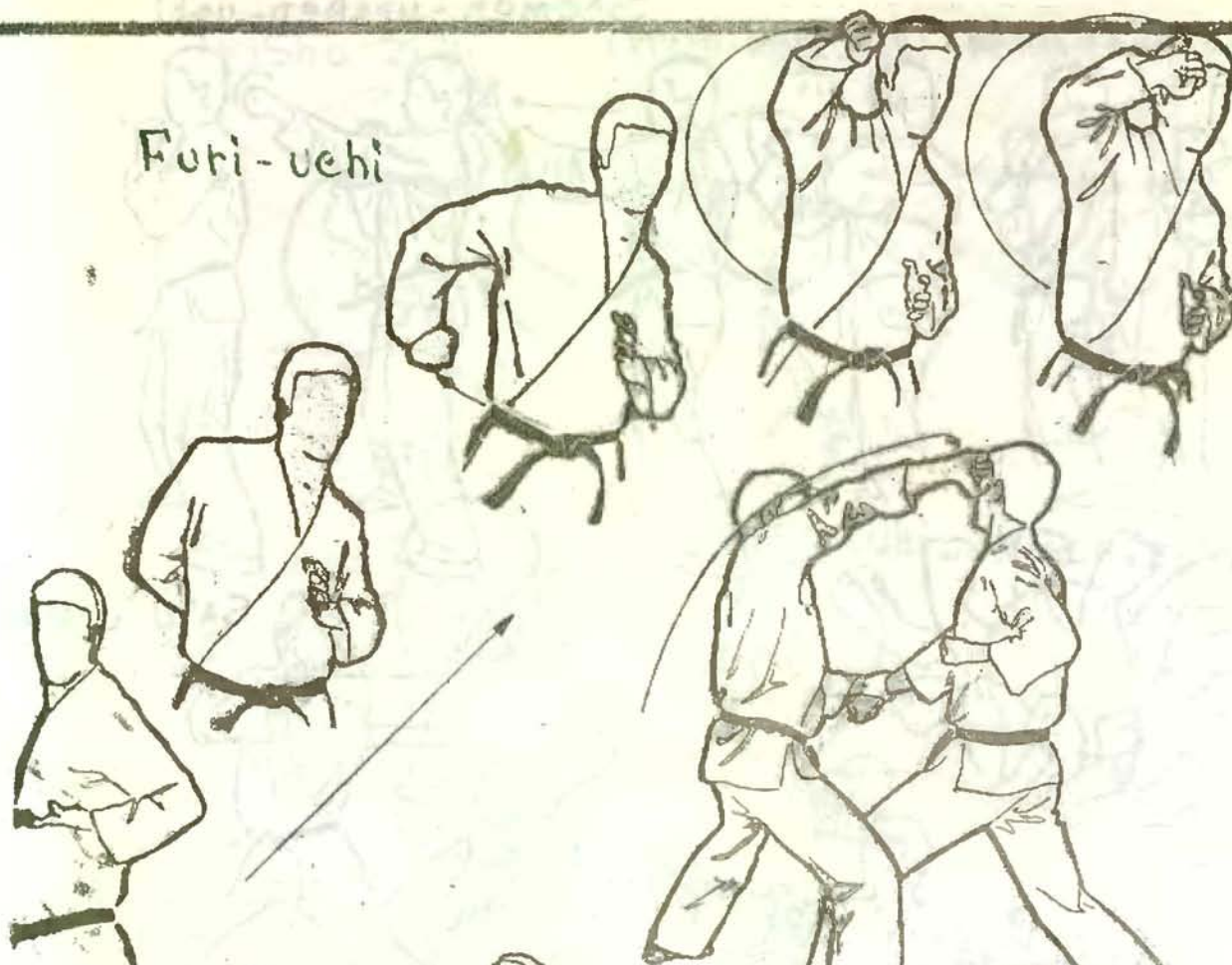
226

27

## Tobi-Yokomen-uraken-uchi



Furi-uchi

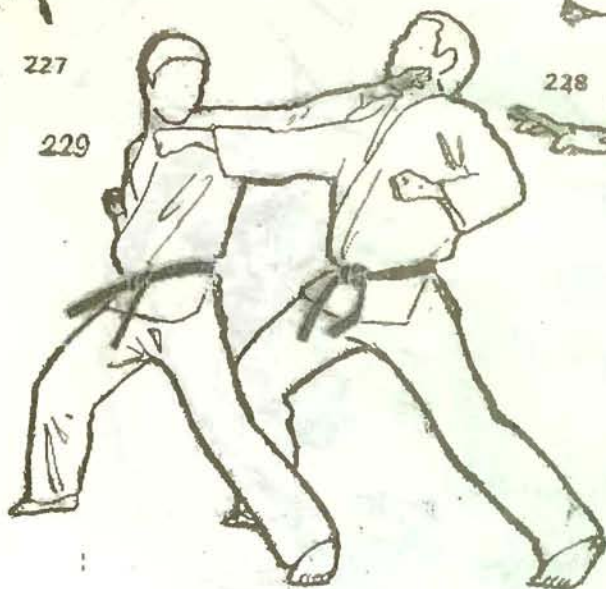


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228

230

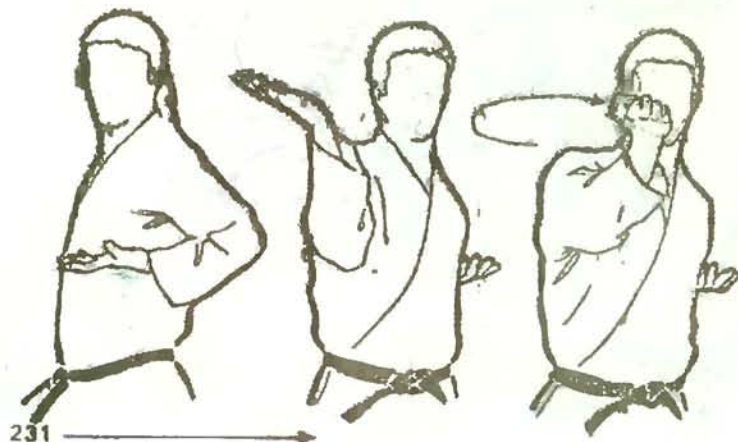


Yokomen-shuto-uchi

28

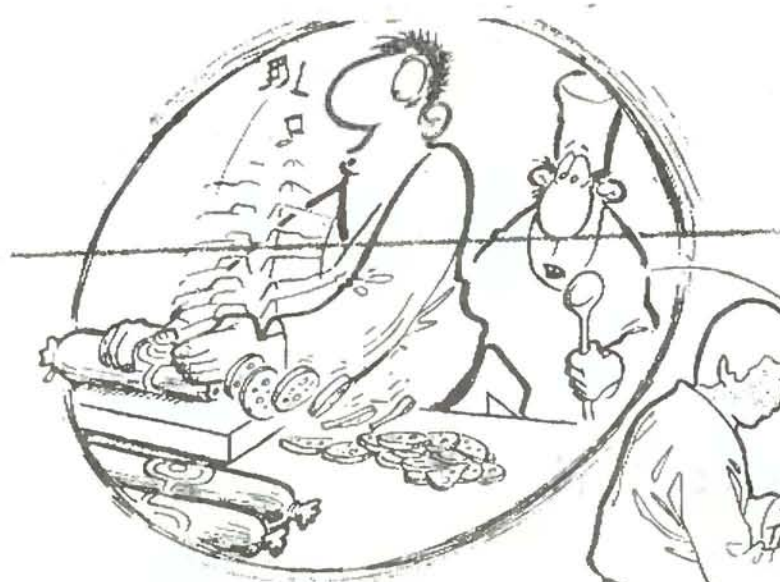
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232

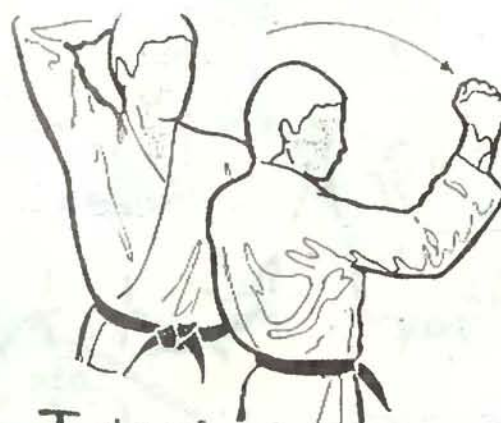
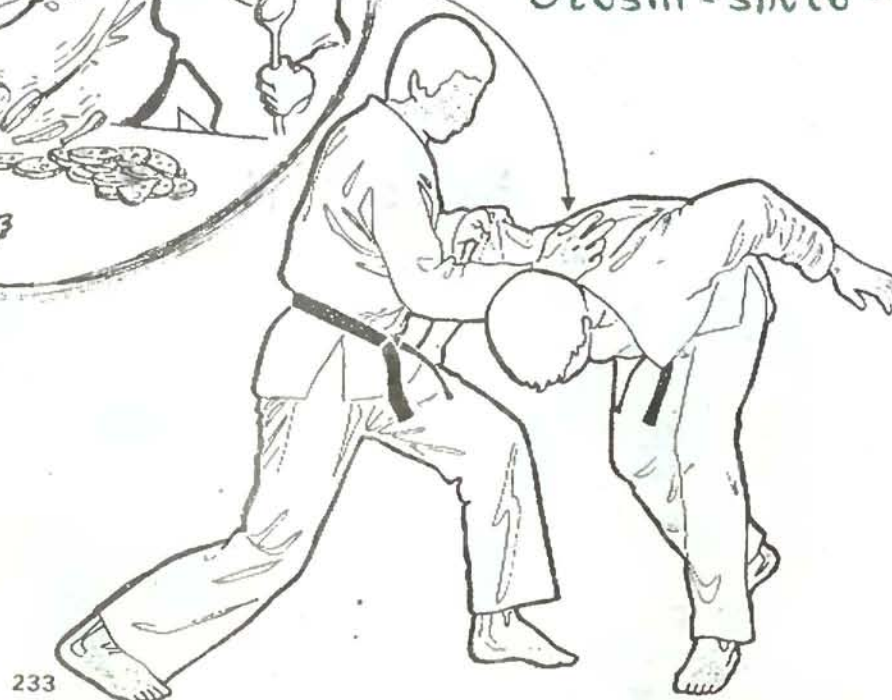


Gammen-shuto-uchi





Otoshi-shuto-uchi



Tetsui-uchi





Haito-uchi



239



240

Empi-uchi



241



242

Mae-empi-uchi



243

Mawashi-empi-uchi



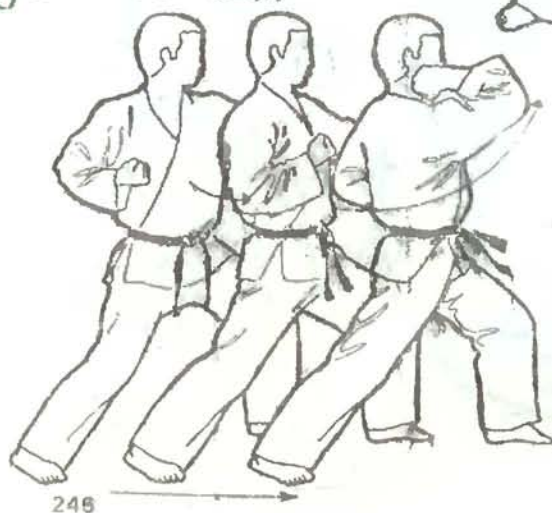
244



# Yoko-empi-uchi



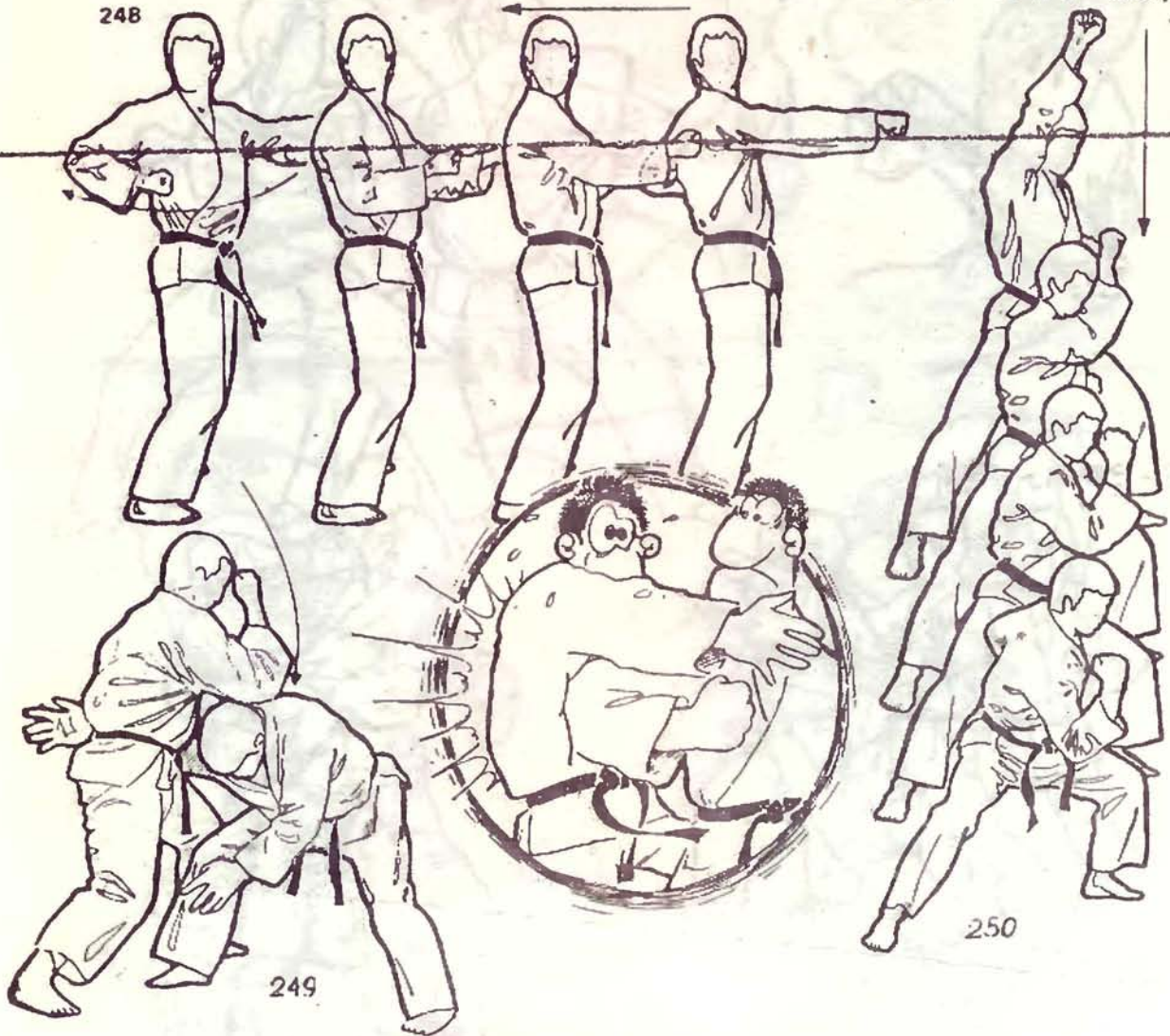
## Age-empi-uchi



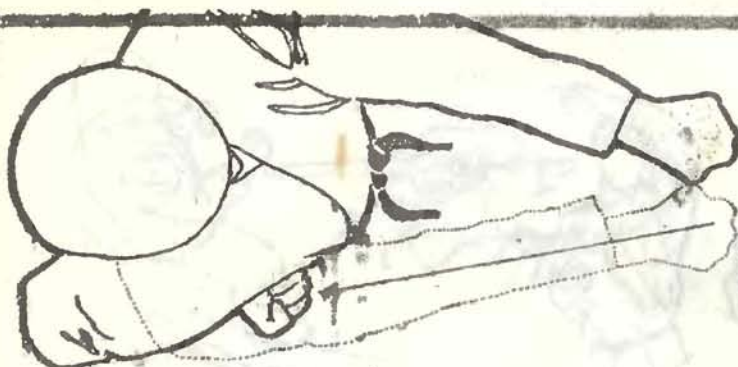
Ushiro-empi-uchi

Otoshi-empi-uchi

248







251



252



253



254



255

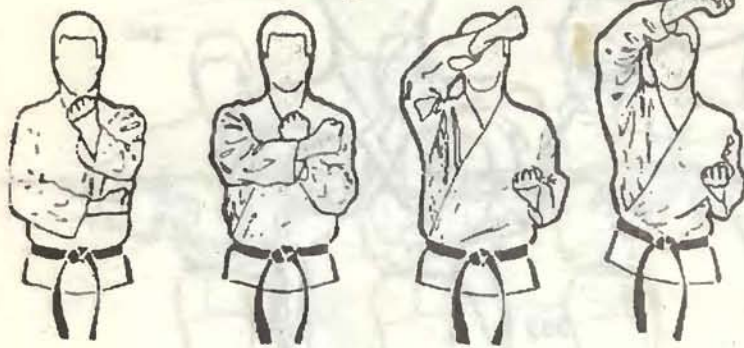


256

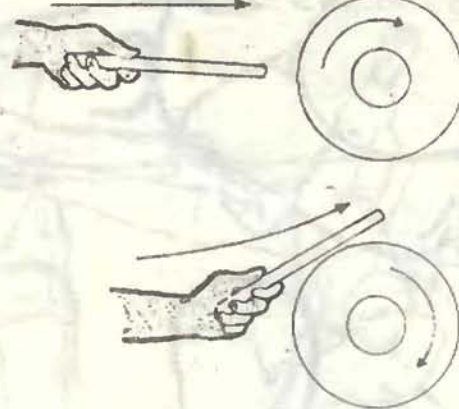


# Uke-waza БЛОКИ РУКАМИ

257



259



258



Age-uke

260



261



262



Soto-uke

263

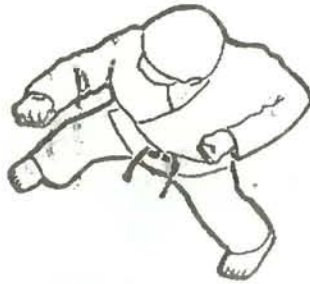




Yoko-uke



264

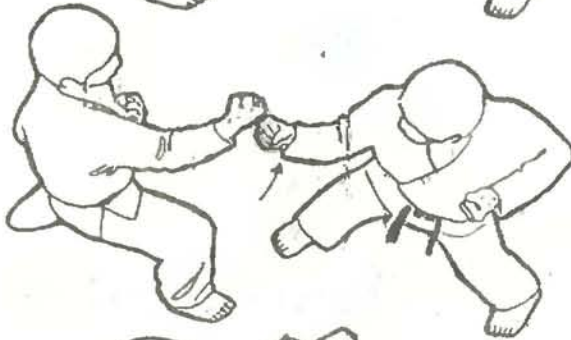


265



(Uchi-uke) - Shotokan

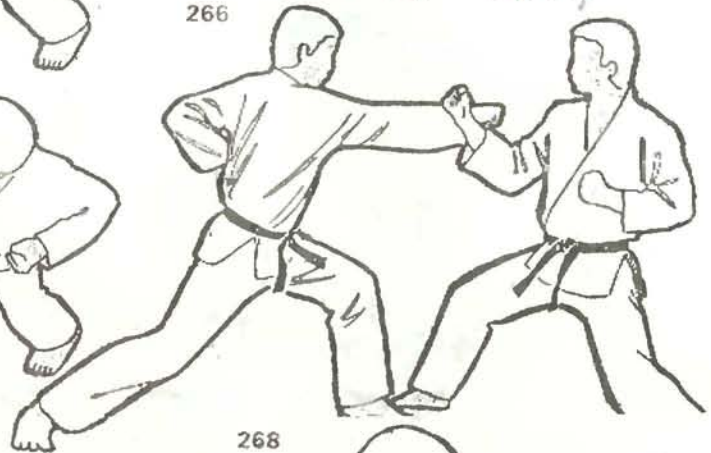
266



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268



Gedan-barai



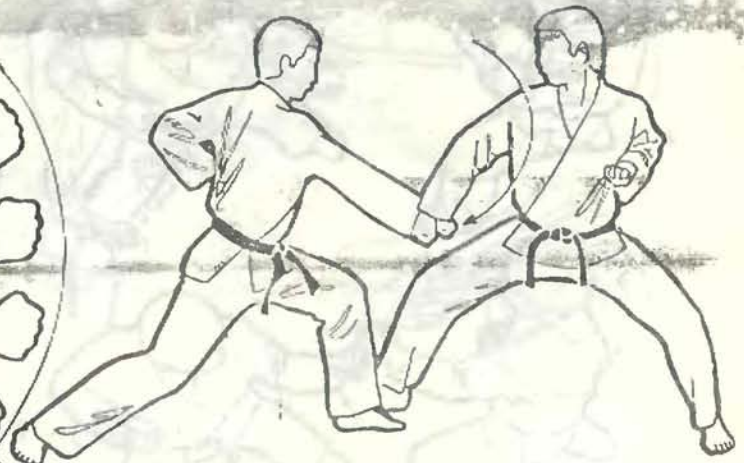
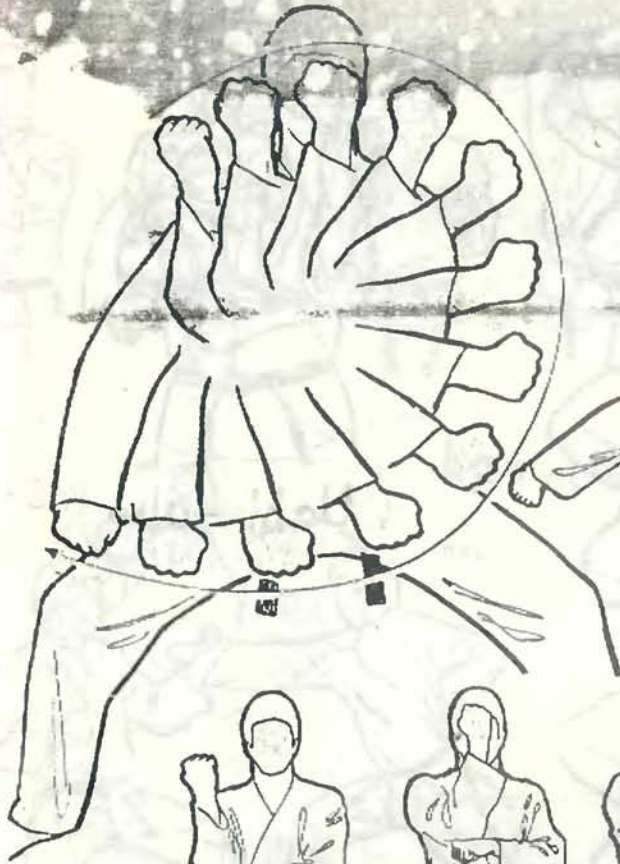
269



# HARAI-otoshi-uke

270

271



(Chudan-barai)



272



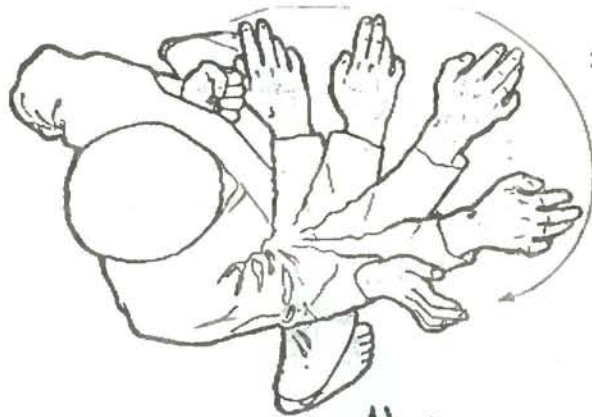
273



Shuto-uke







275

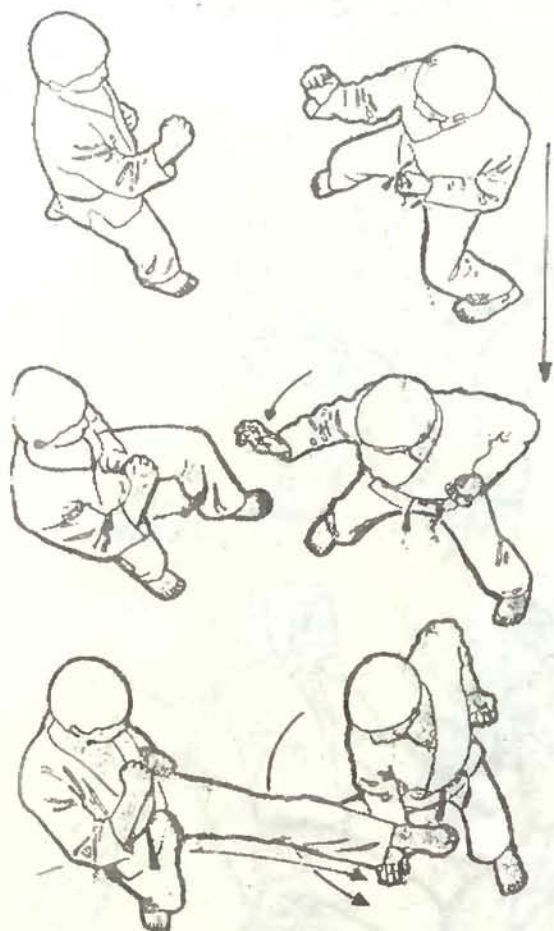
Kake-uke



276

Sukui-uke

278



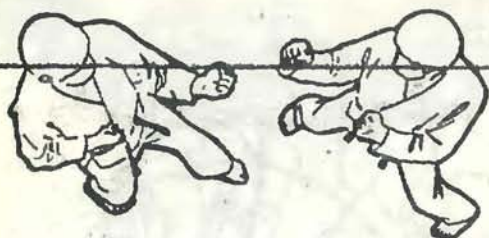
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280





281

282



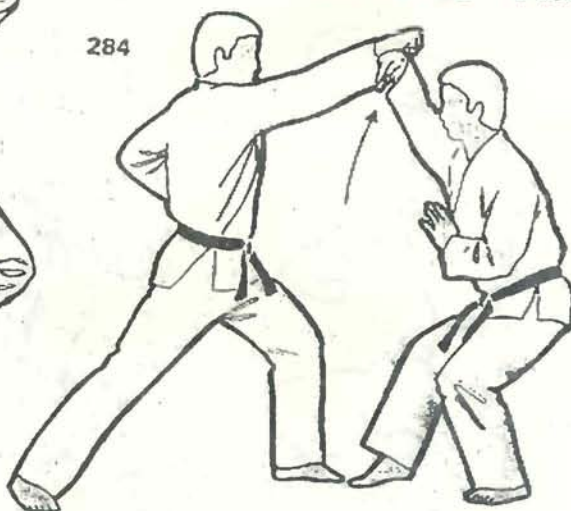
Nagashi-uke



283



284



Kakuto-uke

285



286

Teisho-uke

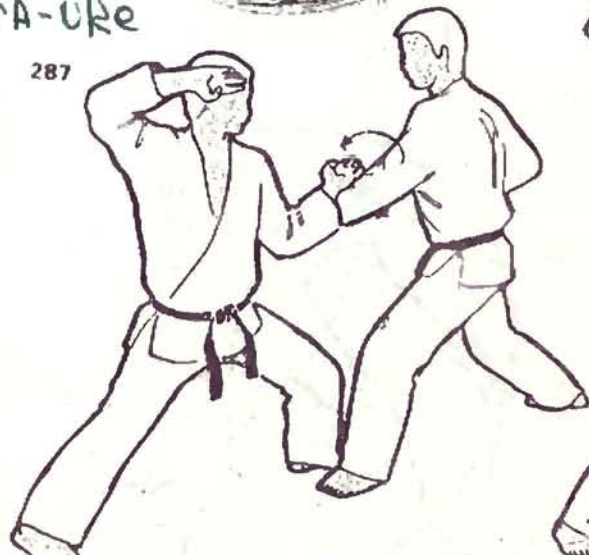




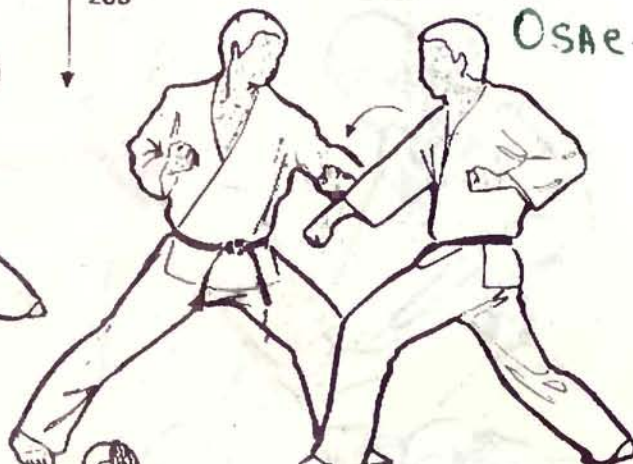


Ura-uke

287



288



Osaie-uke



289

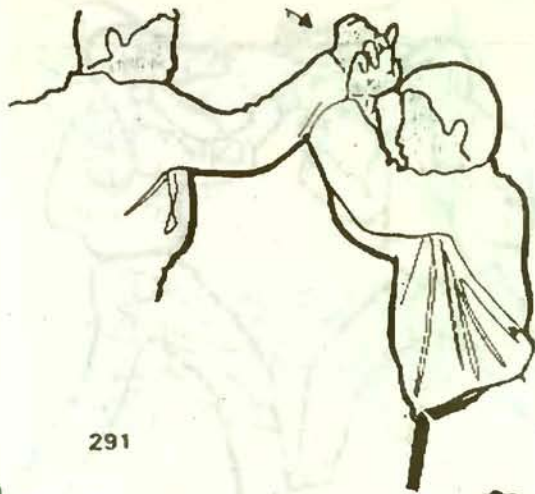
290

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Mawashi-uke



# Juji-uke



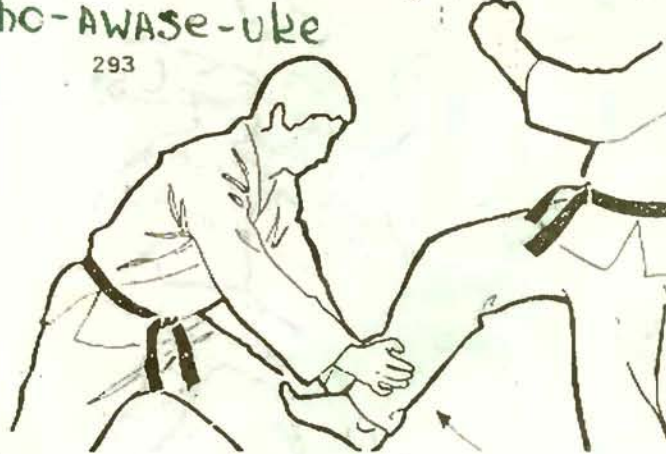
291



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## Teisho-AWASE-uke

293

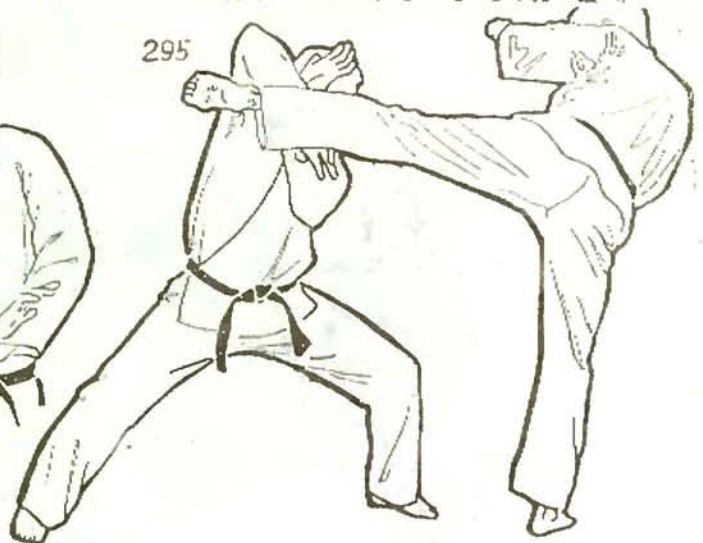


## Cho-uke

294



295



## Soe-uke

### (Sokumen-AWASE-uke)



296

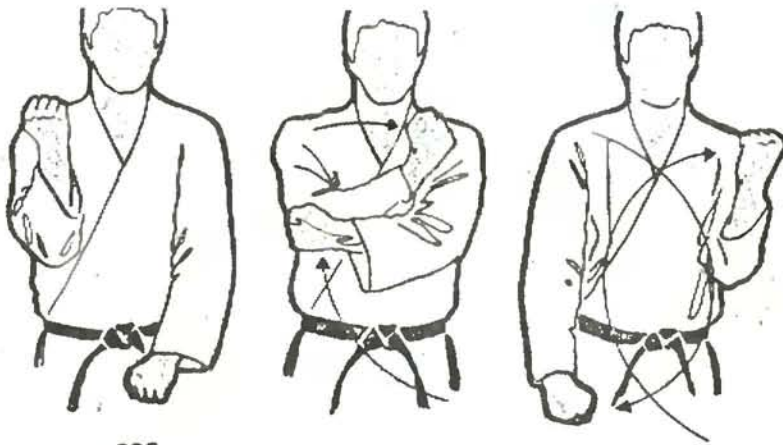


297





# Djoge - uke (Uchi - uke - gedan - barai)



298



300



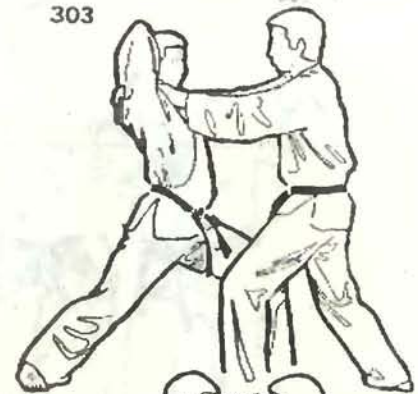
299



301

## Yama - uke

303

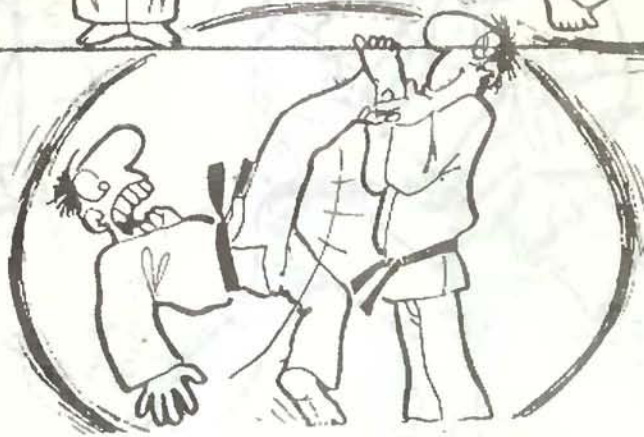


## Monote - kake - uke



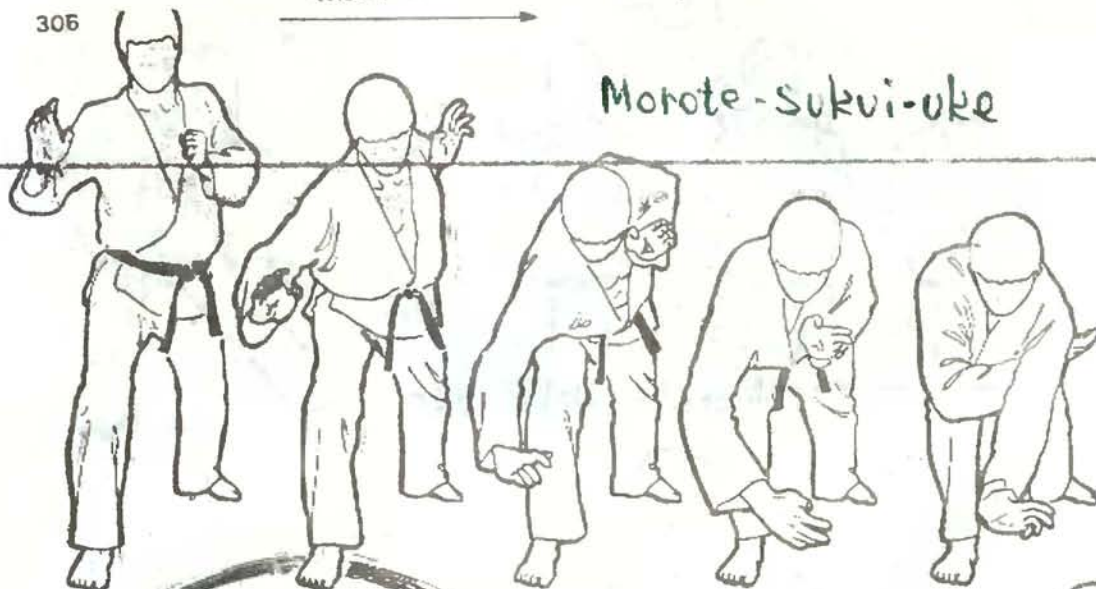
Morote-sukui-uke  
304

Morote-otoshi-uke  
305



306

Morote-sukui-uke



307



308

309

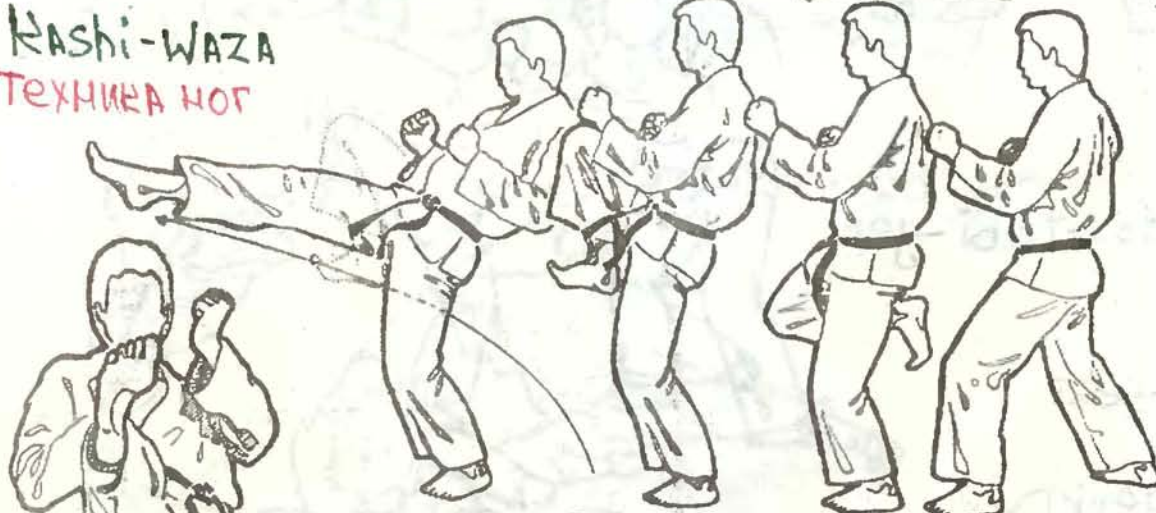


Hari-uke



310

Kashi-waza  
Техника ног



311. Mae-geri

312

43





313



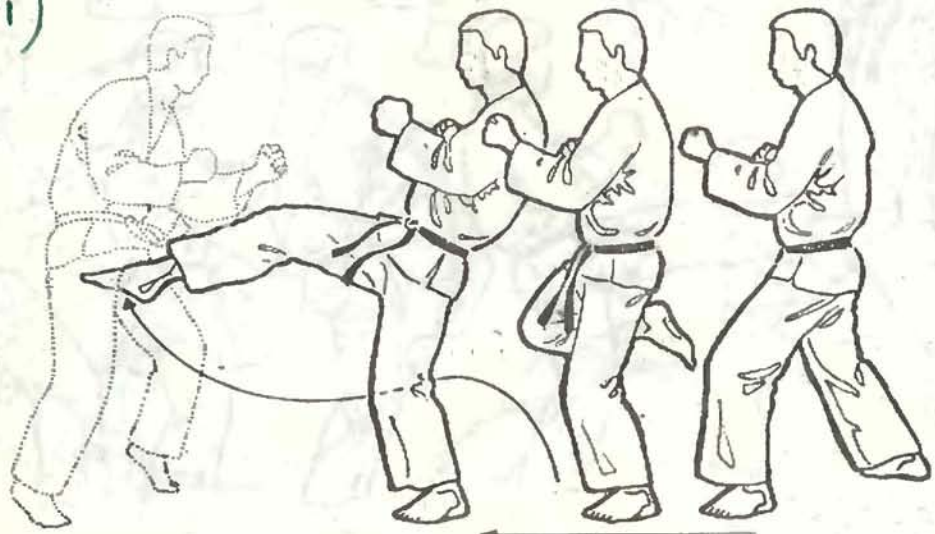
315

314



316

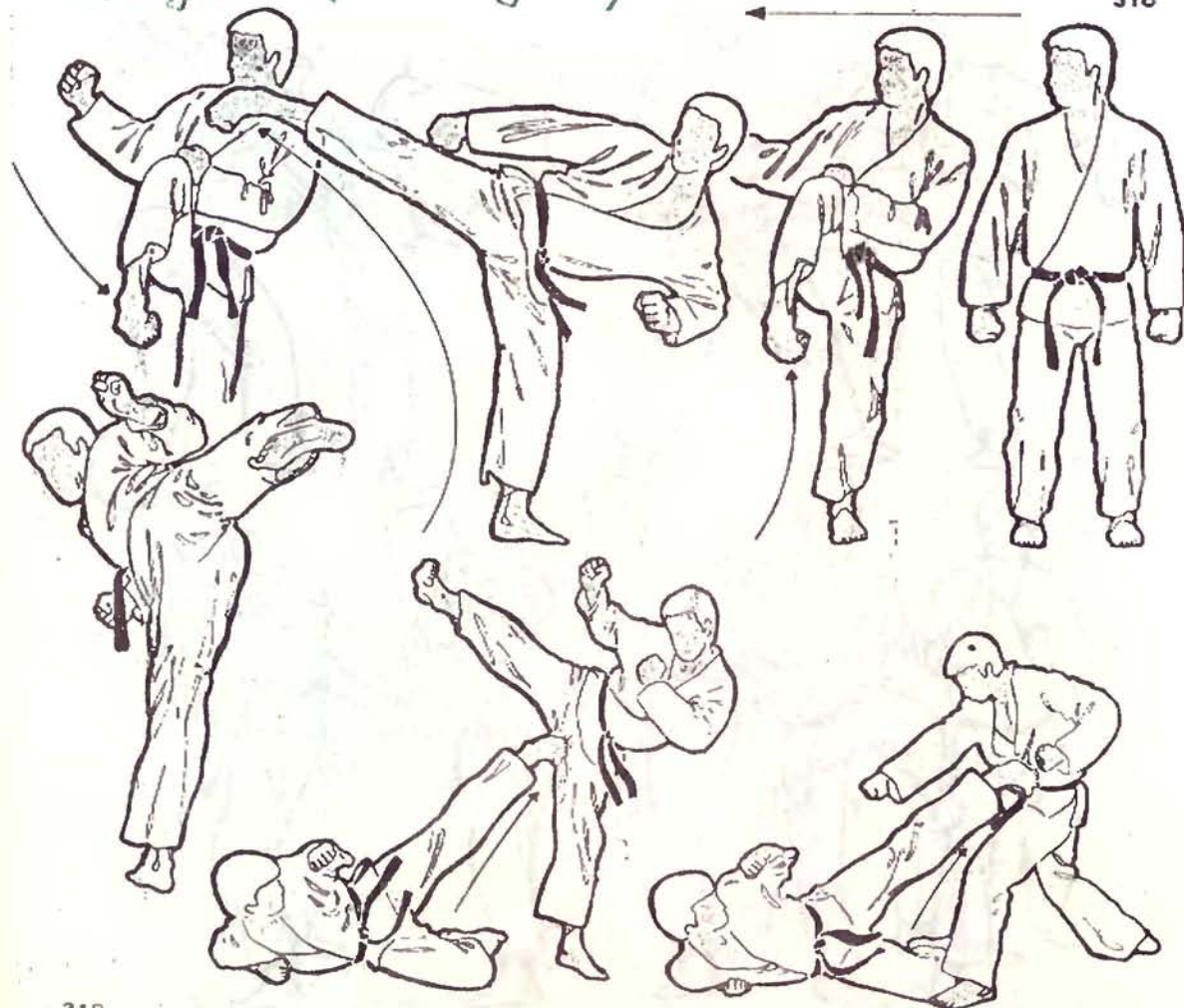
317





# SOKUO-geri (Yoko-geri)

318



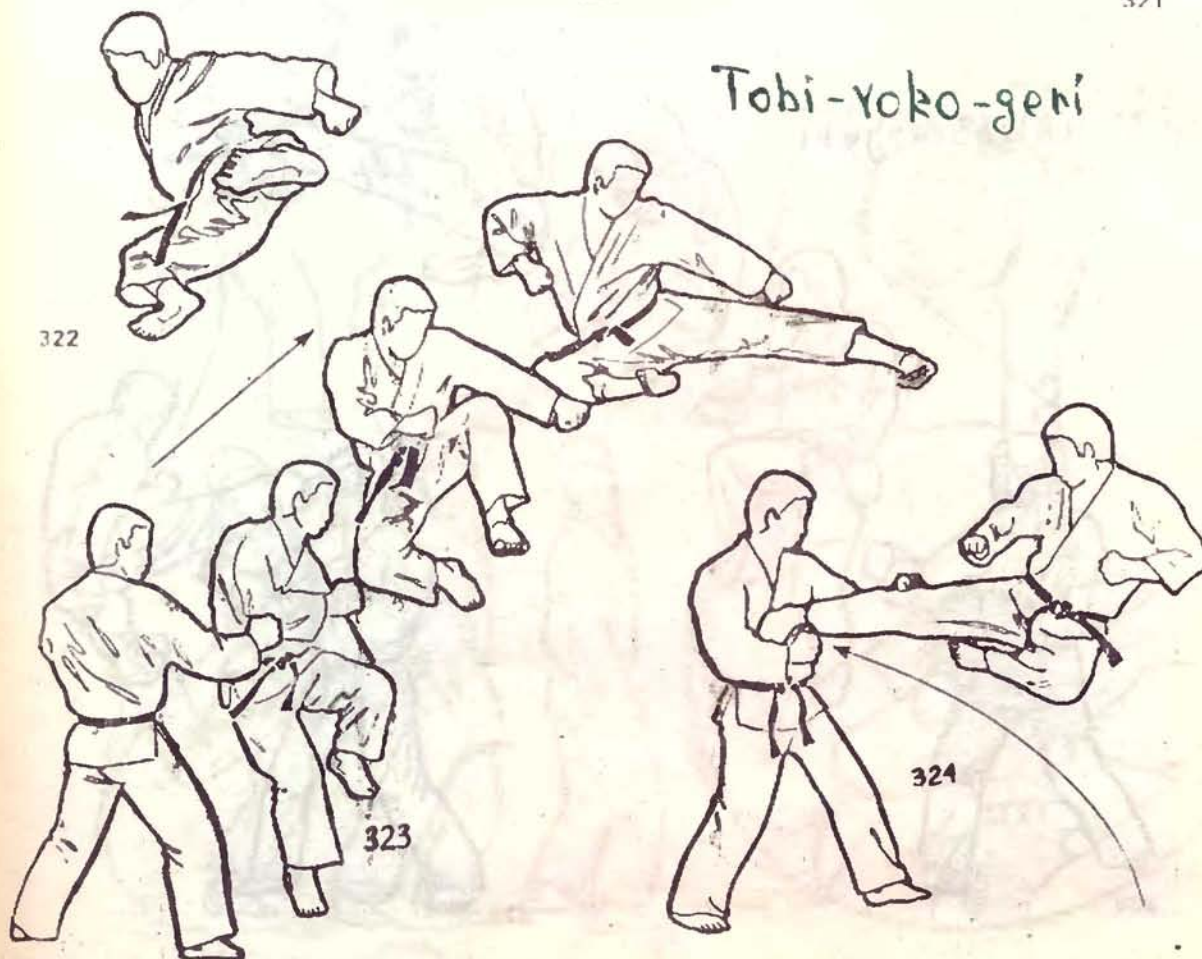
319

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321

## Tobi-Yoko-geri

322

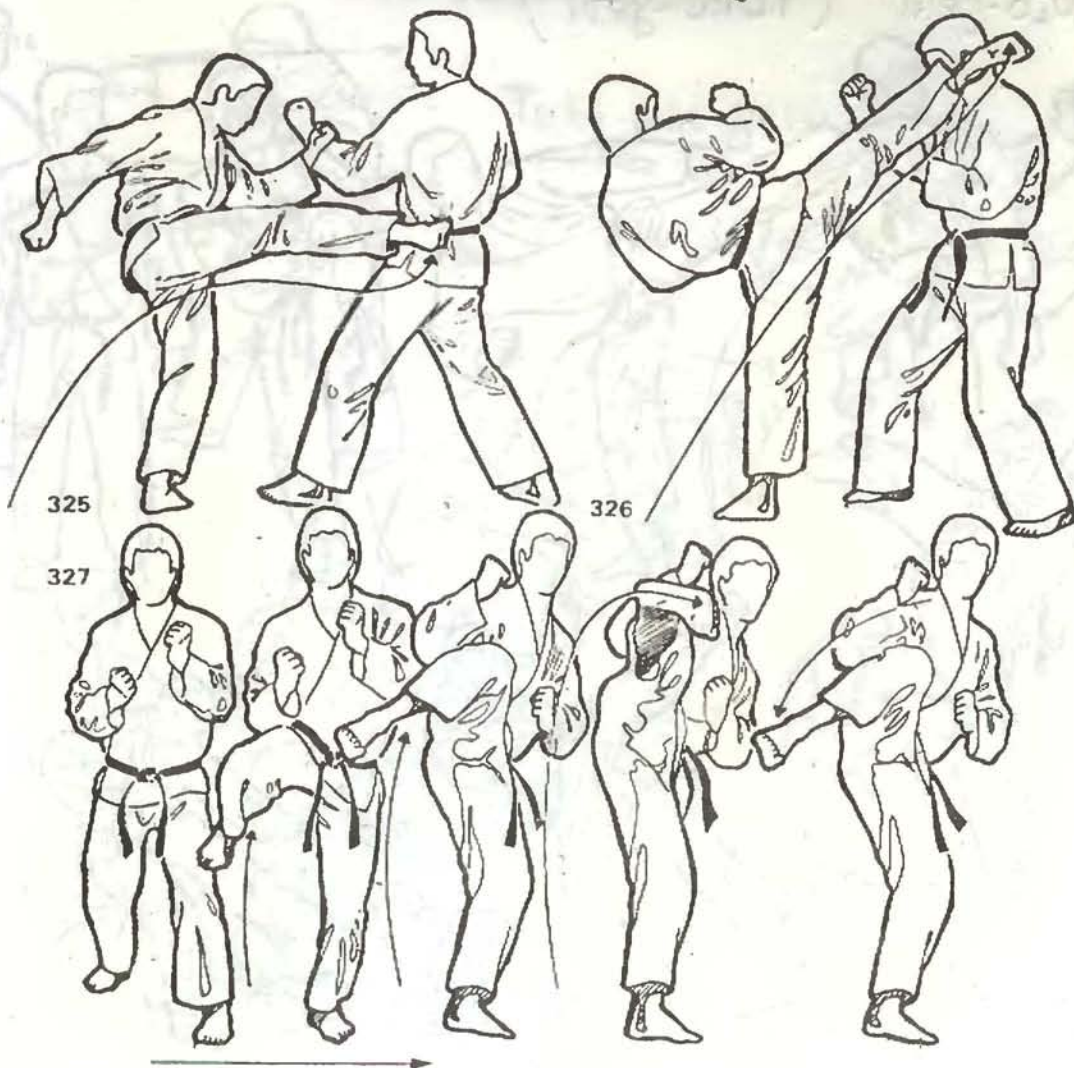


323

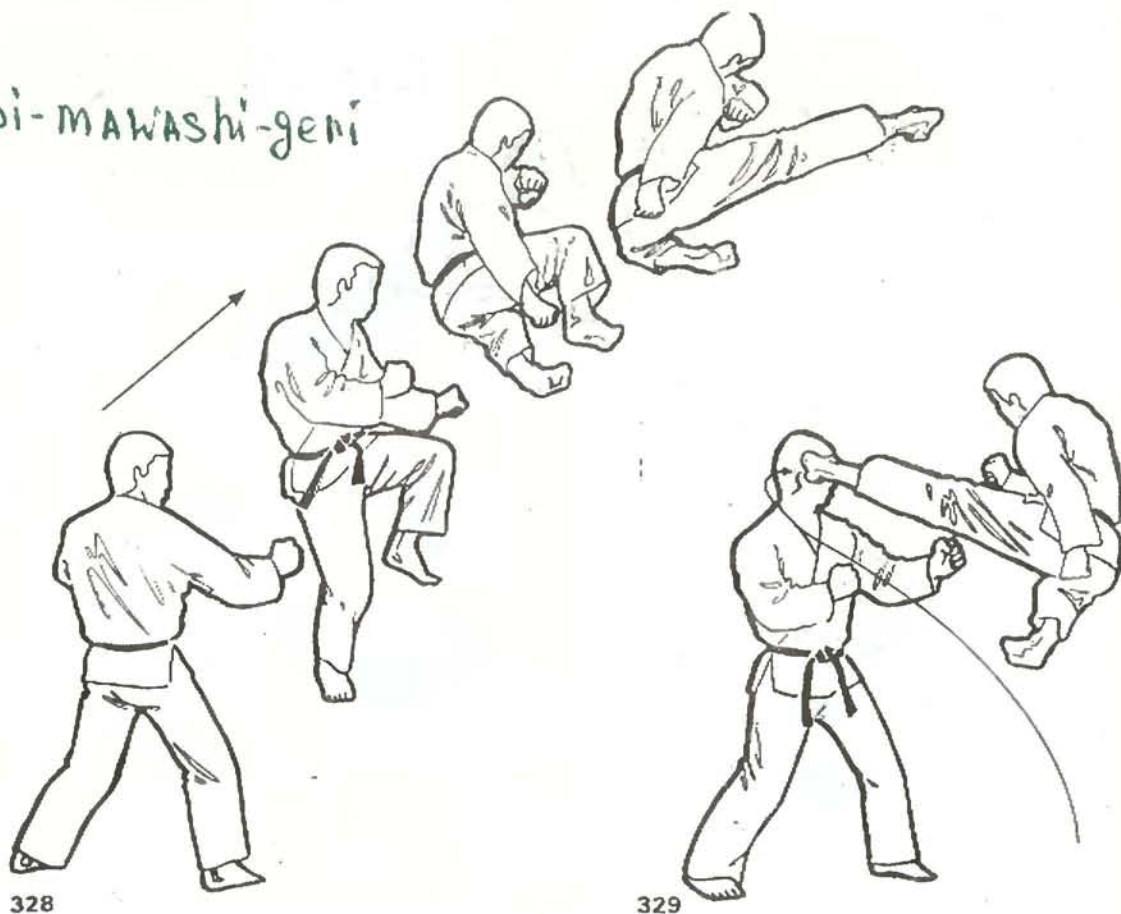
324



# Mawashi-geri

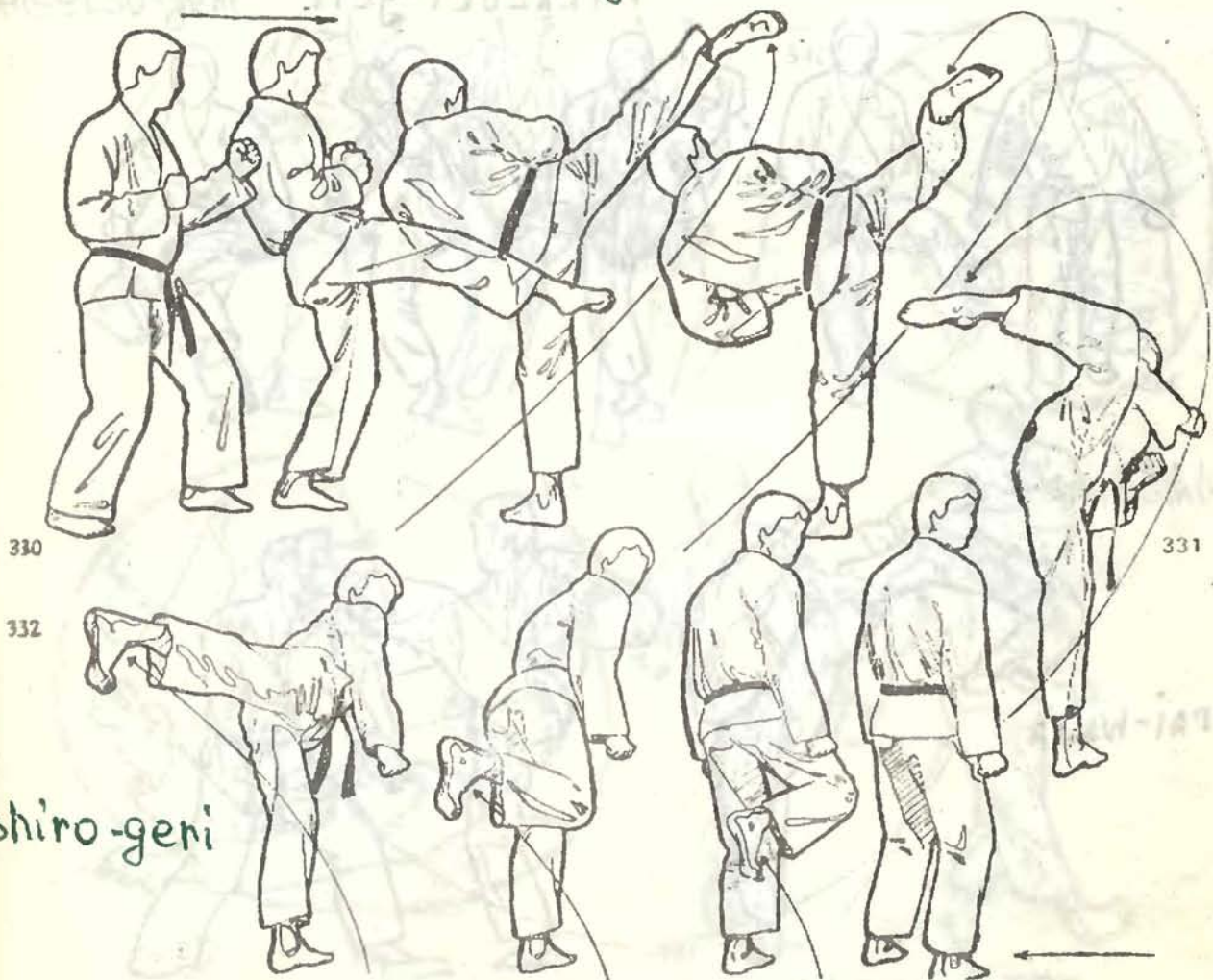


# Tobi-mawashi-geri

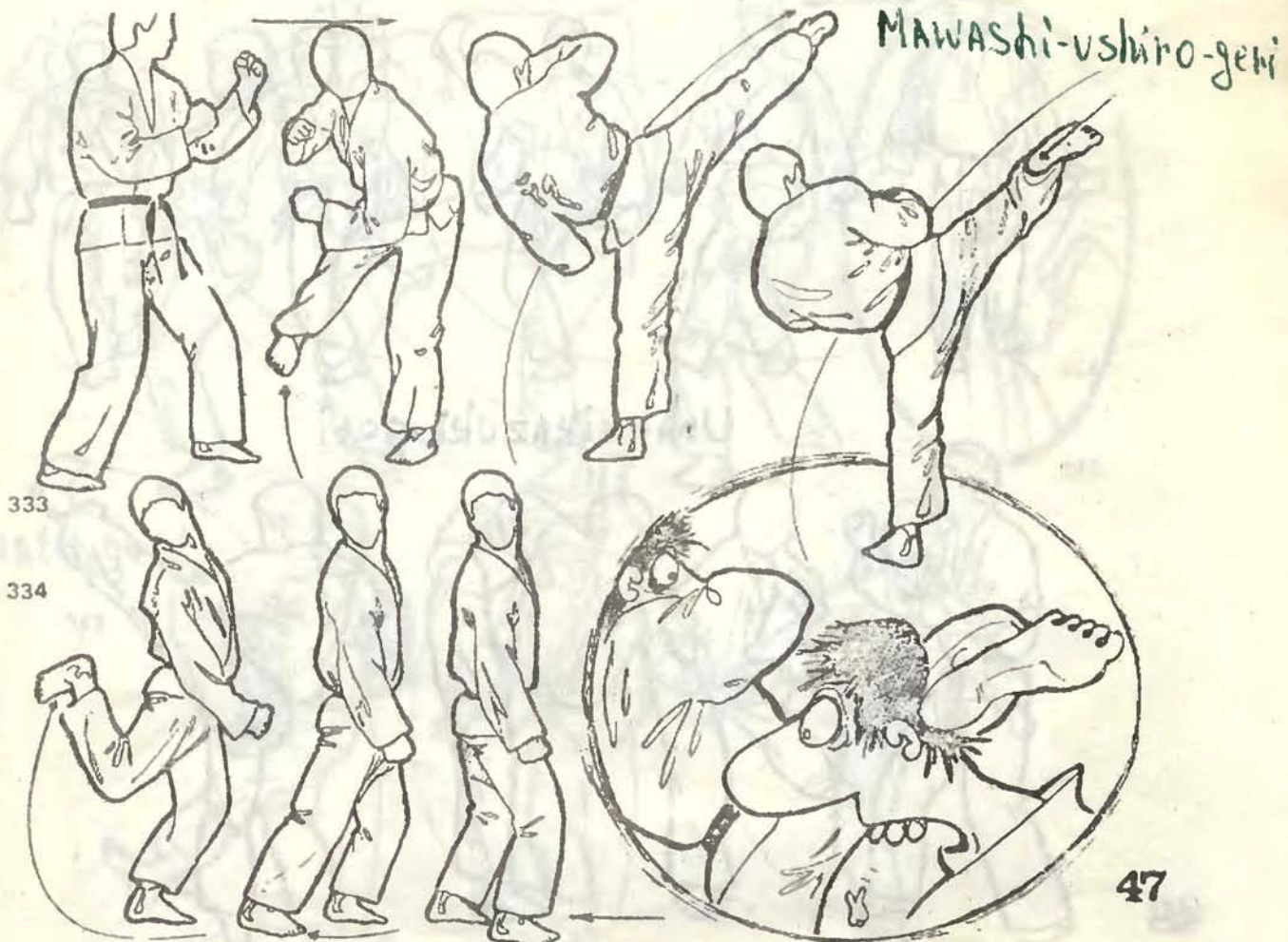




# Ura-mawashi-geri



## Ushiro-geri



## Keage-ushiro-geri



# Mikazuki-geri



335

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## BARAI-WAZA



338

## UNA-mikazuki-geri

339

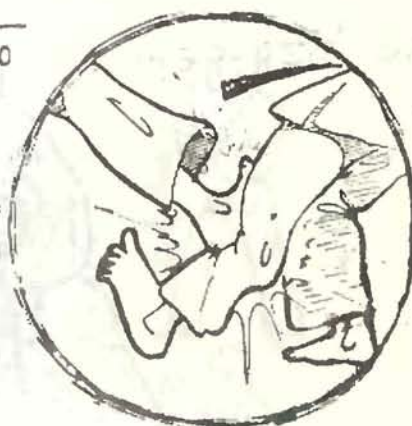




# Kansetsu-gei

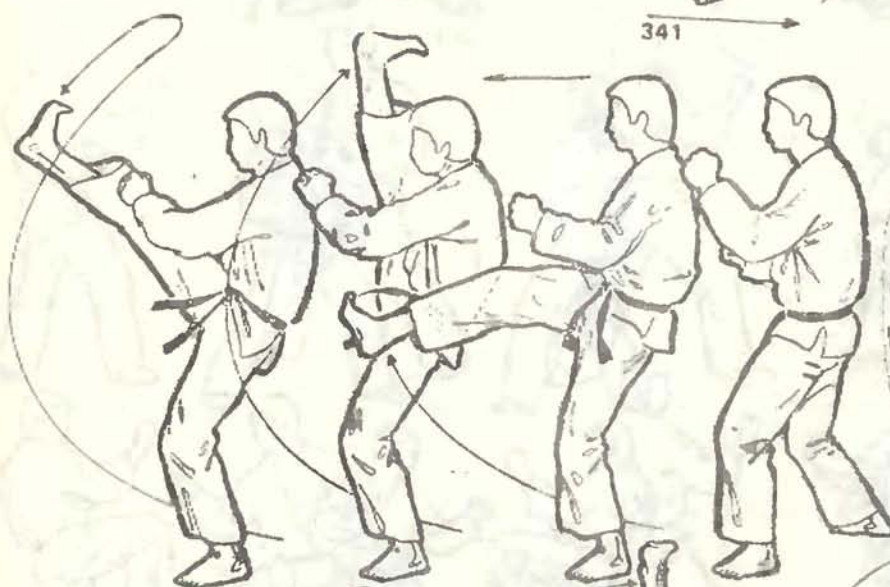


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## Fumikomi-gei

341



## Kakato-gei

342

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# Mae-hiza-geri



344

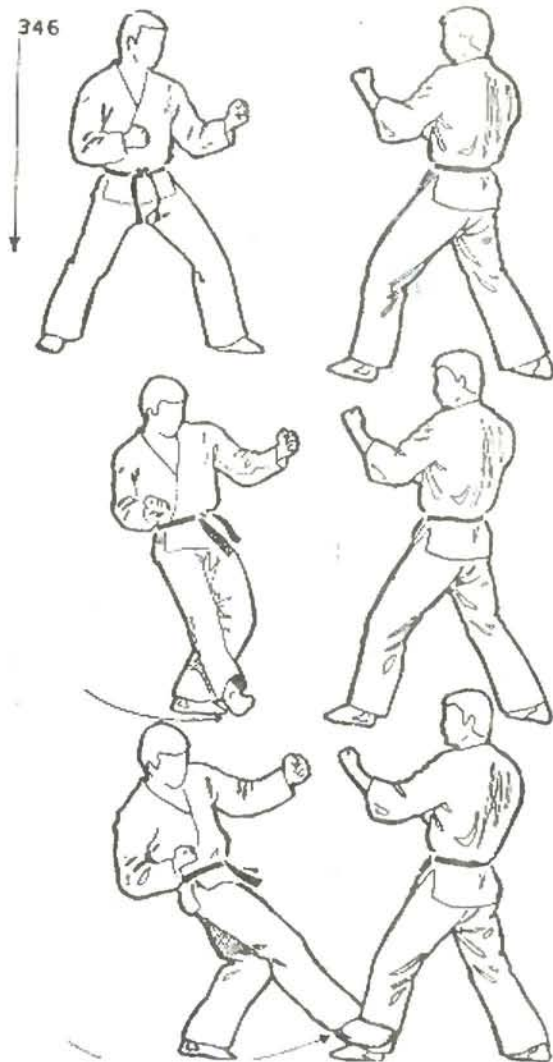
# Mawashi-hiza-geri



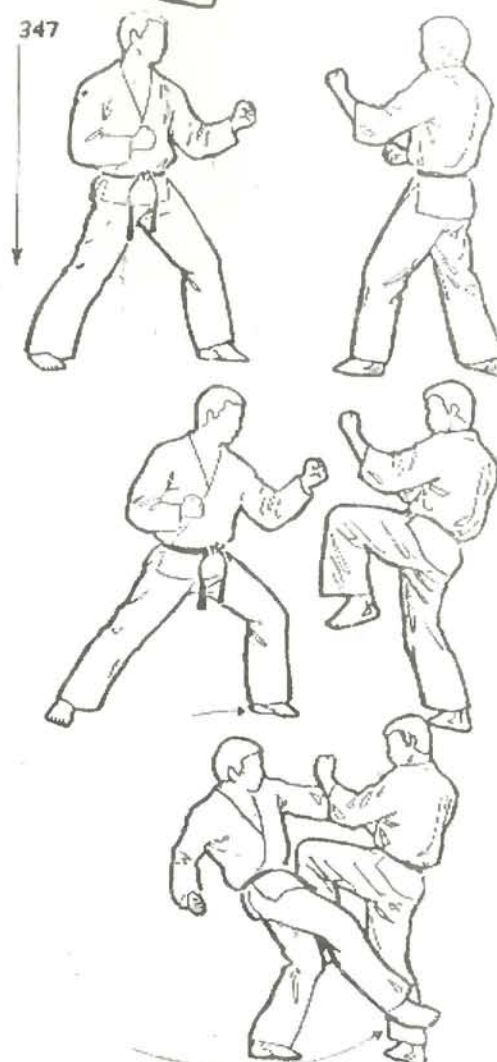
345

# De-ashi-batai

346



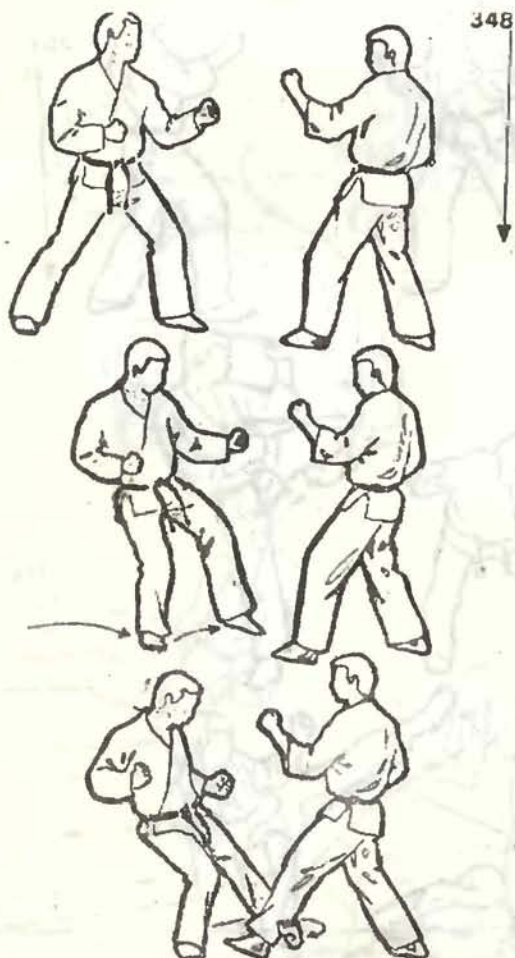
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# Okuri-Ashi-barai

# Kaiten-geri



# Kaiten-gari



351



1.

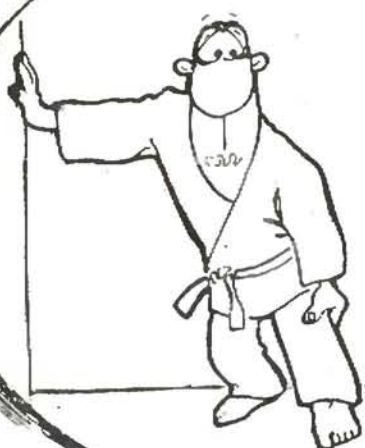


2.



352

3.

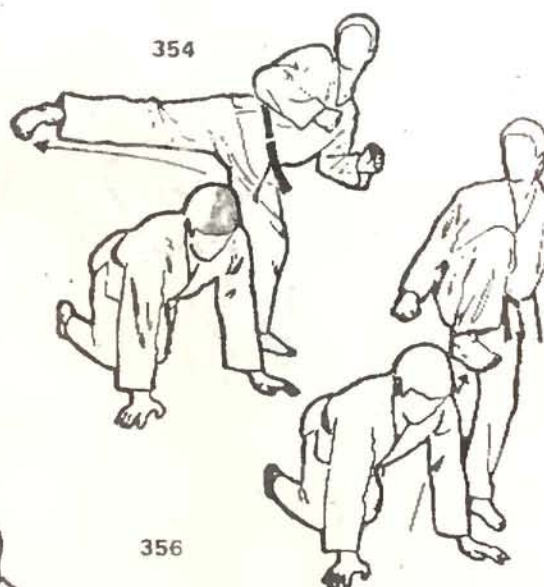




353



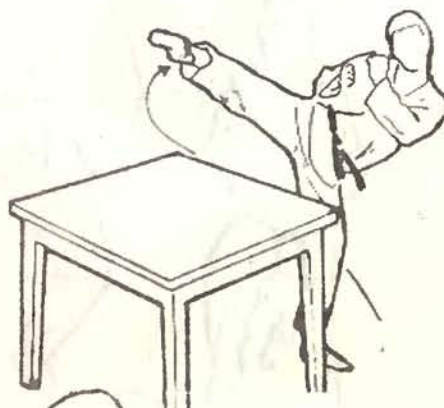
354



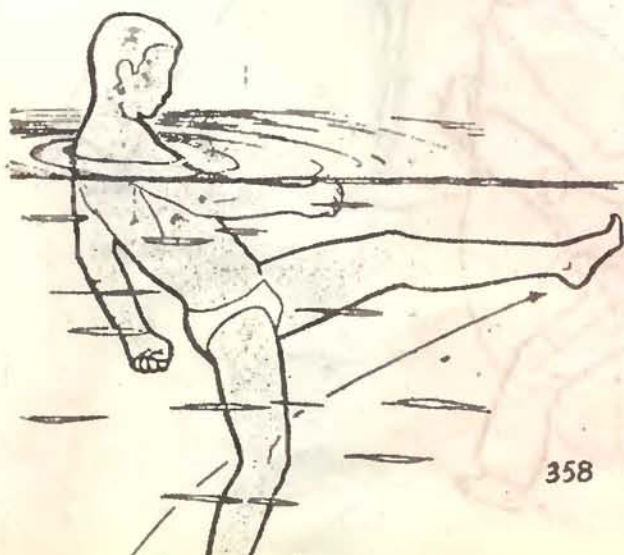
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360

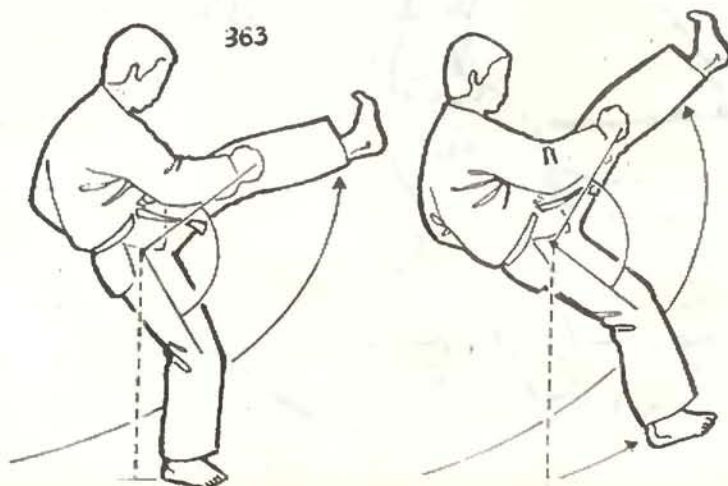
361



62 362

63

363







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365



Yoko-geri



366



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369



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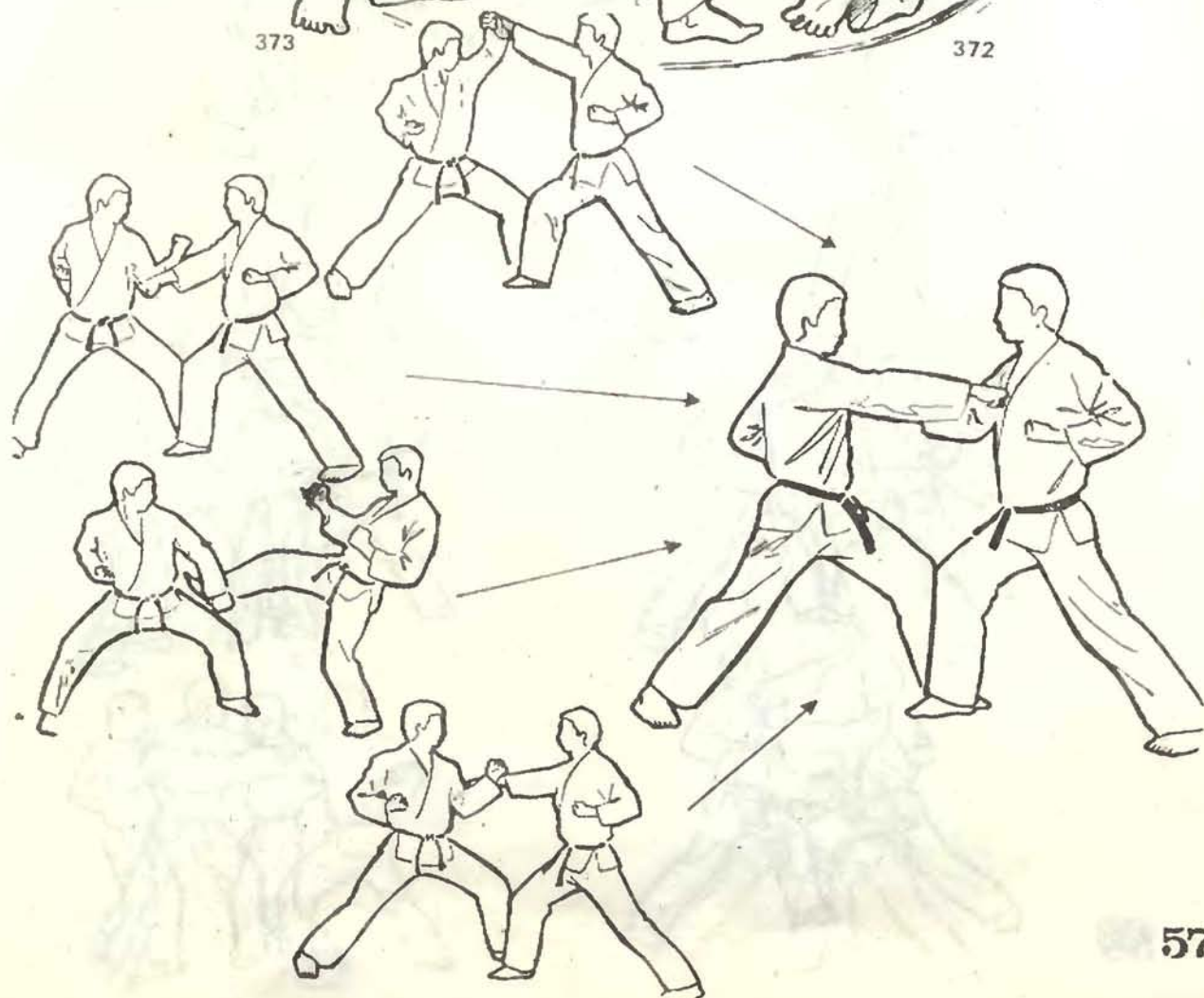
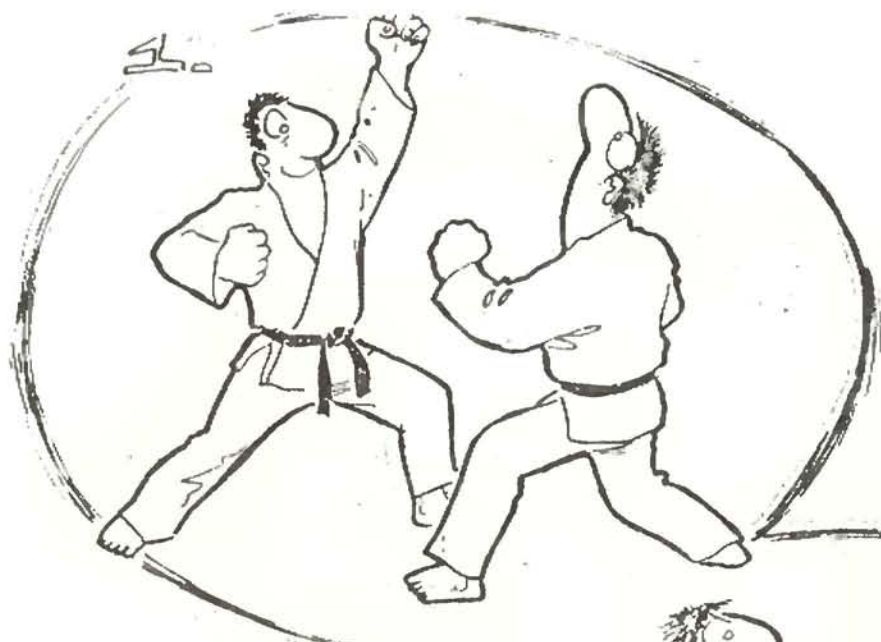
# Dan-zuki

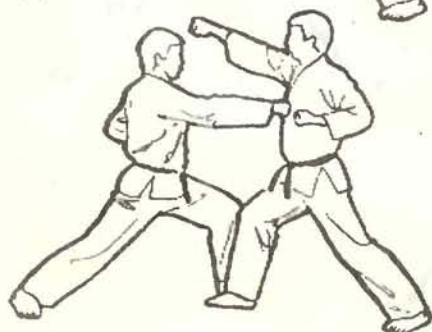


71 371











377



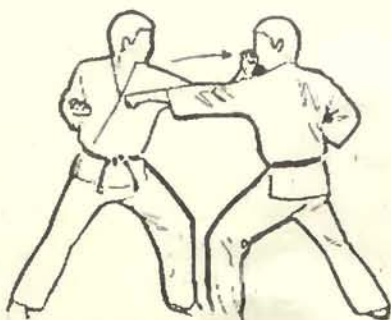
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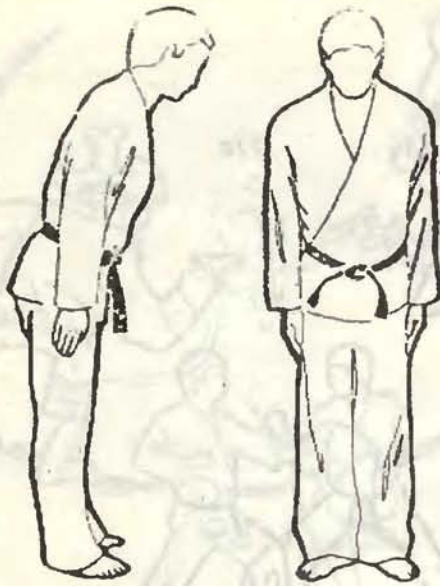
379



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# Ritsurei



381

# Sarei



382



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385

# KOHEN



